



Lamb cutlets with herb relish



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 8 bone lamb racks of french trimmed
- ☐ 50 g blanched almond
- ☐ 1 garlic clove
- ☐ 1 tbsp dijon mustard
- ☐ 50 g parsley
- ☐ 1 handful mint leaves good
- ☐ 2 tbsp caper
- ☐ 3 fillet anchovy

- ☐ 1 tbsp red wine vinegar
- ☐ 200 ml olive oil

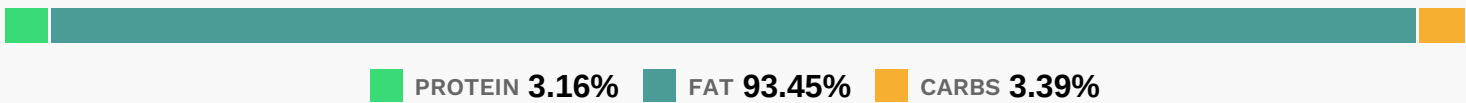
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Put the almonds and garlic in a food processor and process to a rough paste.
- ☐ Brush the fat side of the racks with a little mustard, then press the almond crust onto it. Roast for 30–40 mins until the lamb is browned on the outside and pink inside. Leave to cool, then wrap in foil and chill for up to 24 hrs.
- ☐ Put all the herb relish ingredients in the food processor and process to a rough paste.
- ☐ Pour into a small bowl. When ready to serve, cut the lamb between the bones into little cutlets and arrange over a platter. Spoon a little herb relish onto each or serve separately in a small bowl.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.2034782415823%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 97.68kcal (4.88%), Fat: 10.45g (16.08%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.43g (0.15%), Sugar: 0.12g (0.14%), Cholesterol: 0.36mg (0.12%), Sodium: 34.42mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin K: 46.72µg (44.5%), Vitamin E: 1.35mg (8.98%), Vitamin A: 221.13IU (4.42%), Vitamin C: 3.48mg (4.22%), Iron: 0.36mg (2.01%), Fiber: 0.43g (1.71%), Calcium: 11.29mg (1.13%), Folate: 4.34µg (1.08%)