



Lamb, feta & mint salad

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



386 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g fries frozen
- ☐ 1 handful roasted peppers in oil
- ☐ 2 tsp red wine vinegar
- ☐ 3 leaves mint leaves roughly chopped
- ☐ 2 pinches sugar
- ☐ 85 g feta cheese crumbled
- ☐ 2 handfuls baby spinach
- ☐ 1 large lamb loins trimmed

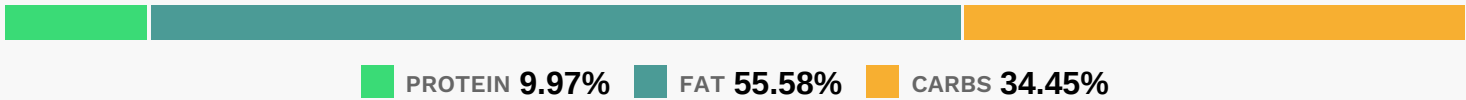
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Spread the chips out onto a baking tray, then bake for 12 mins. Meanwhile, whisk together 4 tsp oil from the pepper jar with the red wine vinegar, chopped mint, sugar and some seasoning. Roughly tear the peppers into smaller chunks, then put into a large bowl with the feta and spinach leaves.
- ☐ Heat a griddle or frying pan, brush lamb with a little more oil from the pepper jar, then season. Cook for 2-3 mins on each side, then leave to rest on a board.
- ☐ Once the chips have cooked for 12 mins, remove the tray from the oven.
- ☐ Cut them in half, toss with 1 tsp more oil from the pepper jar, then roast for another 3 mins. Thinly slice the lamb. Toss the hot crispy chips through the salad with the dressing, arrange on a platter or 2 dinner plates and top with the lamb.

Nutrition Facts



Properties

Glycemic Index:96.71, Glycemic Load:17.78, Inflammation Score:-9, Nutrition Score:20.319565259892%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 385.88kcal (19.29%), Fat: 24.33g (37.43%), Saturated Fat: 10.27g (64.17%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 28.76g (10.46%), Sugar: 1.12g (1.25%), Cholesterol: 38.19mg (12.73%), Sodium: 1005.77mg (43.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Vitamin K: 145.68µg (138.75%), Vitamin A: 2998.24IU (59.96%), Vitamin B2: 0.45mg (26.35%), Manganese: 0.51mg (25.61%), Calcium: 249mg (24.9%), Phosphorus: 236.26mg (23.63%), Folate: 94.06µg (23.51%), Vitamin B6: 0.42mg (21.02%), Fiber: 5.17g (20.69%), Vitamin C: 15.01mg (18.2%), Potassium: 627.99mg (17.94%), Vitamin B3: 2.91mg (14.57%), Iron: 2.45mg (13.6%), Magnesium: 50.19mg (12.55%), Vitamin B12: 0.73µg (12.16%), Zinc: 1.73mg (11.56%), Vitamin B1: 0.16mg (10.91%), Selenium: 7.28µg (10.4%), Vitamin B5: 0.97mg (9.74%), Vitamin E: 0.69mg (4.58%), Copper: 0.09mg (4.33%), Vitamin D: 0.17µg (1.14%)