



WHATSheATE



Lamb & lettuce pan-fry



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 4 fillet lamb loins cut into chunks
- ☐ 2 handfuls peas frozen
- ☐ 150 ml chicken stock see
- ☐ 3 peas cut into quarters

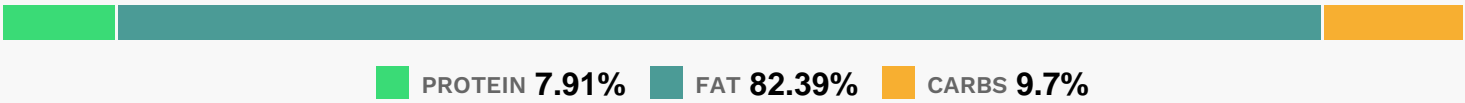
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter in a frying pan until sizzling, then add the lamb. Season with salt, if you like, and pepper, then cook for 6–7 mins until browned on all sides. Scatter in the peas, pour in the stock, then bring up to a simmer and gently cook until the peas have defrosted.
- ☐ Add the lettuce to the pan and simmer for a few mins until just starting to wilt, but still vibrant green.
- ☐ Serve scooped straight from the pan, with buttered new potatoes.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0447826195184%

Nutrients (% of daily need)

Calories: 62.34kcal (3.12%), Fat: 5.76g (8.87%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.68g (0.75%), Cholesterol: 15.31mg (5.1%), Sodium: 95.24mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin B3: 0.69mg (3.45%), Vitamin A: 166.89IU (3.34%), Vitamin B2: 0.04mg (2.25%), Selenium: 1.11µg (1.59%), Phosphorus: 14.69mg (1.47%), Vitamin B6: 0.03mg (1.34%), Potassium: 46.71mg (1.33%), Vitamin B1: 0.02mg (1.2%), Copper: 0.02mg (1.19%), Vitamin E: 0.16mg (1.07%)