



Lamb & rosemary envelopes



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



2385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp roasted cranberry sauce
- ☐ 375 g puff pastry
- ☐ 1 eggs beaten
- ☐ 1 leaves rosemary chopped
- ☐ 4 leg of lamb boneless

Equipment

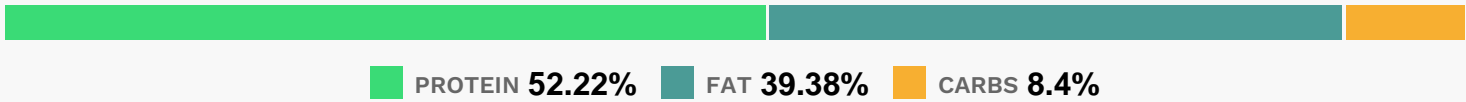
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Season on the lamb all over and sprinkle with chopped rosemary.
- ☐ Heat 1 tbsp oil in a pan and fry the lamb for about 2 minutes on each side, until browned.
- ☐ Transfer to a plate and leave to cool.
- ☐ Unroll the pastry and cut into four rectangles.
- ☐ Roll out each piece large enough to enclose the lamb.
- ☐ Place a lamb steak on each piece of pastry, then pop 1 rounded tbsp cranberry sauce on each.
- ☐ Brush the pastry edges with a little beaten egg, then fold over to enclose the lamb, pinching the edges to seal. (You can freeze at this point, or prepare and chill up to 4 hours ahead.)
- ☐ Place on a baking sheet and chill for 20 minutes to set the pastry (if theres time). Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Brush the parcels with beaten egg, stick a rosemary sprig into the top of each and bake for 20-25 minutes until puffed and golden.
- ☐ Serve with your choice of green vegetables.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:22.93, Inflammation Score:-9, Nutrition Score:65.13000007816%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 2385.08kcal (119.25%), Fat: 101.24g (155.75%), Saturated Fat: 32.4g (202.49%), Carbohydrates: 48.58g (16.19%), Net Carbohydrates: 46.9g (17.06%), Sugar: 5.5g (6.12%), Cholesterol: 954.97mg (318.32%), Sodium: 1135.42mg (49.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 302.02g (604.03%), Vitamin B12: 38.66µg (644.33%), Selenium: 361.77µg (516.81%), Vitamin B3: 92.91mg (464.55%), Zinc: 55.49mg (369.96%), Phosphorus:

2835.25mg (283.53%), Vitamin B2: 3.89mg (228.84%), Iron: 28.72mg (159.56%), Vitamin B1: 2.38mg (158.7%), Vitamin B6: 2.47mg (123.64%), Potassium: 4206.48mg (120.19%), Vitamin B5: 10.45mg (104.52%), Folate: 407.7µg (101.93%), Magnesium: 402.79mg (100.7%), Copper: 1.92mg (95.98%), Manganese: 0.82mg (40.85%), Vitamin E: 3.9mg (26.02%), Vitamin K: 15.34µg (14.61%), Calcium: 104.88mg (10.49%), Fiber: 1.68g (6.71%), Vitamin A: 74.46IU (1.49%), Vitamin D: 0.22µg (1.47%)