



Lamb steaks with hummus new potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



2108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g baby potatoes
- ☐ 2 leg of lamb
- ☐ 1 tsp olive oil
- ☐ 1 bunch cherry tomatoes
- ☐ 3 tbsp water
- ☐ 10 olive green pitted roughly chopped
- ☐ 1 small handful parsley chopped

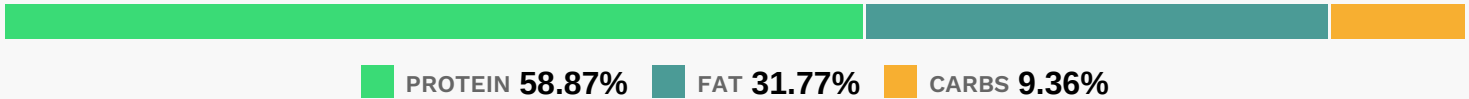
Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ grill

Directions

- ☐ Cook the potatoes in boiling salted water for 15 mins or until tender. Meanwhile, heat the grill or a griddle pan. When the potatoes are almost ready, season the lamb steaks, rub with a little oil, then griddle or grill for 3–4 mins on each side until they are cooked to your liking, adding the tomatoes halfway through until juicy and bursting.
- ☐ When the potatoes are ready, drain well, then return to the pan and gently crush with a fork or potato masher. Stir through the hummus, olives and parsley, then season well.
- ☐ Serve the crushed potatoes with the lamb and the tomatoes.

Nutrition Facts



Properties

Glycemic Index:69.63, Glycemic Load:32.43, Inflammation Score:-10, Nutrition Score:70.479565433834%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 2107.66kcal (105.38%), Fat: 72.12g (110.96%), Saturated Fat: 24.1g (150.64%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 40.23g (14.63%), Sugar: 2.09g (2.32%), Cholesterol: 914.05mg (304.68%), Sodium: 1298.99mg (56.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 300.74g (601.48%), Vitamin B12: 38.56µg (642.69%), Selenium: 337.15µg (481.64%), Vitamin B3: 91.82mg (459.1%), Zinc: 56.01mg (373.4%), Phosphorus: 2940.65mg (294.06%), Vitamin B2: 3.67mg (215.79%), Vitamin B6: 3.22mg (160.94%), Iron: 28.73mg (159.61%), Potassium: 5251.92mg (150.05%), Vitamin B1: 2.25mg (149.74%), Magnesium: 462.34mg (115.58%), Copper: 2.22mg (110.77%), Vitamin B5: 11.07mg (110.66%), Folate: 390.87µg (97.72%), Vitamin C: 52.02mg (63.06%), Manganese: 0.9mg (45.15%), Vitamin K: 39.2µg (37.33%), Fiber: 7.58g (30.32%), Vitamin E: 4.27mg (28.47%), Calcium: 137.48mg (13.75%), Vitamin A: 261.27IU (5.23%)