



## Lamb Steaks with Shallot-Anchovy Relish

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 large anchovy fillets minced
- 1 teaspoon coriander seeds crushed
- 0.3 cup flat-leaf parsley coarsely chopped
- 24 ounces lamb leg steaks bone-in
- 5 tablespoons olive oil extra-virgin
- 1 teaspoon rosemary minced
- 4 servings salt and pepper freshly ground
- 4 large shallots thinly sliced

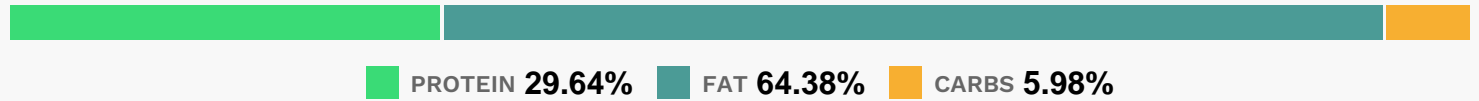
# Equipment

- bowl
- frying pan

# Directions

- Heat 1 tablespoon of the olive oil in a large skillet.
- Add the shallots and cook over high heat, stirring, until just softened, about 1 minute; transfer to a small bowl. Stir in 3 tablespoons of the olive oil and the parsley, anchovies, coriander seeds and rosemary. Season the shallot relish with salt and pepper.
- In the same skillet, heat the remaining 1 tablespoon of olive oil. Season the lamb steaks with salt and pepper. When the oil is almost smoking, add the lamb steaks and cook over high heat until well browned on the bottom, about 3 minutes. Turn the steaks and cook just until the lamb is medium rare, about 1 minute longer.
- Transfer the lamb steaks to a platter, top with the shallot relish and serve.

# Nutrition Facts



# Properties

Glycemic Index:33, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:17.281304276508%

# Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 316.72kcal (15.84%), Fat: 22.63g (34.81%), Saturated Fat: 4.19g (26.22%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2g (2.22%), Cholesterol: 70.38mg (23.46%), Sodium: 268.99mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Vitamin K: 72.24µg (68.8%), Vitamin B12: 2.91µg (48.53%), Selenium: 26.71µg (38.16%), Vitamin B3: 7.21mg (36.03%), Zinc: 4.33mg (28.88%), Phosphorus: 231.28mg (23.13%), Vitamin E: 2.81mg (18.74%), Vitamin B2: 0.29mg (16.81%), Iron: 2.77mg (15.38%), Vitamin B6: 0.28mg (13.83%), Potassium: 432.25mg (12.35%), Vitamin B1: 0.17mg (11.41%), Folate: 39.19µg (9.8%), Magnesium:

39mg (9.75%), Vitamin B5: 0.88mg (8.78%), Copper: 0.17mg (8.71%), Vitamin C: 7.11mg (8.62%), Vitamin A: 319.18IU (6.38%), Manganese: 0.12mg (5.86%), Fiber: 1.14g (4.58%), Calcium: 29.42mg (2.94%)