



HEALTH SCORE

86%

Lamb with Spinach and Garlicky Tahini Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon coarse salt
- ☐ 1 package pkt spinach frozen warmed thawed
- ☐ 4 garlic cloves minced pressed
- ☐ 0.3 teaspoon ground cumin plus more for garnishing
- ☐ 2 juice of lemon juiced
- ☐ 10 lamb noisettes thick
- ☐ 1 lemon zest
- ☐ 1 tablespoon olive oil

- ☐ 1.3 cups olive oil extra-virgin
- ☐ 1 onion roughly chopped
- ☐ 1 tablespoon sesame seed toasted
- ☐ 8 tablespoons tahini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ stove
- ☐ microwave
- ☐ measuring cup

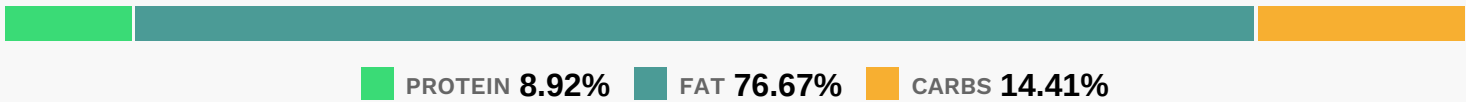
Directions

- ☐ Put the onion into 1 large shallow dish in which the noisettes will fit into one layer, or divide the onion into 2 medium-to-large freezer bags.
- ☐ Add the oil, lemon zest, and cumin (dividing equally if you are using bags). Give a good stir and then add the lamb. Cover the dish or tie up the bags and leave, turning or squishing respectively at half time, as long as you've got; frankly, though, it should be for at least 10 minutes and preferably not in the refrigerator. Preheat the oven to 425 degrees F. Put a non-stick or cast-iron pan on the stove.
- ☐ Remove the noisettes from the marinade; you don't need to wipe them dry, just brush off the bits of onion. Sear each side for 1 to 2 minutes, then transfer to a baking pan and then to the preheated oven for 10 minutes. The meat should be right for pink, but not bloody, you may need a bit longer if the meat started off very cold. You will need to check for yourself and when cooked as you want, remove to a warmed plate.
- ☐ For the sauce, put the tahini in a bowl and add the garlic and salt. Stir with a wooden spoon, adding the lemon juice as you do; it will seize up here, but don't worry because it will loosen later. Slowly add some water (I find I can use about 1/2 cup), pouring from the measuring cup so that only a little goes in at a time, and keep stirring. When you have a smooth mixture the

consistency of heavy cream, stop adding water. Put into a bowl with a spoon and sprinkle with the additional ground cumin.

- ☐ For the spinach: Thaw it in the microwave according to the package's directions and then cook briefly to warm, about 1 minute more.
- ☐ Remove from the microwave and place onto a clean plate.
- ☐ Drizzle with the olive oil and then top with the toasted sesame seeds.
- ☐ Serve the lamb noisettes with the spinach and the garlicky tahini on the side.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:25.653913128149%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 386.92kcal (19.35%), Fat: 35g (53.84%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 10.35g (3.76%), Sugar: 2.11g (2.34%), Cholesterol: 1.83mg (0.61%), Sodium: 357.82mg (15.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.31%), Vitamin K: 274.61µg (261.53%), Vitamin A: 8349.8IU (167%), Vitamin B1: 0.59mg (39.08%), Folate: 143.26µg (35.82%), Copper: 0.69mg (34.71%), Manganese: 0.64mg (32.09%), Vitamin E: 4.56mg (30.37%), Phosphorus: 302.86mg (30.29%), Magnesium: 94.39mg (23.6%), Selenium: 16.33µg (23.33%), Vitamin C: 15.89mg (19.26%), Iron: 3.31mg (18.39%), Fiber: 4.45g (17.81%), Calcium: 169.97mg (17%), Zinc: 2.12mg (14.16%), Potassium: 470.77mg (13.45%), Vitamin B6: 0.27mg (13.32%), Vitamin B2: 0.22mg (12.93%), Vitamin B3: 2.37mg (11.85%), Vitamin B5: 0.16mg (1.6%)