



## Leg of Lamb with Spicy Harissa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.5 cups tomatoes whole canned undrained finely chopped
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced

- ☐ 2 tablespoons ginger finely grated
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2.5 pound rolled leg of lamb boneless trimmed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pomegranate molasses
- ☐ 1 tablespoon shallots minced

## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan
- ☐ kitchen twine

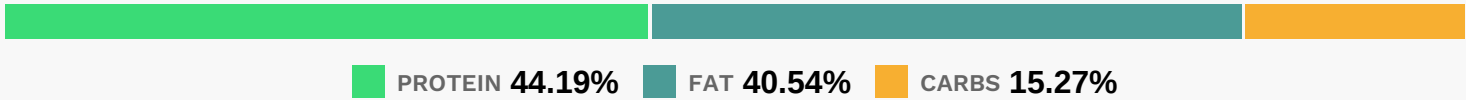
## Directions

- ☐ To prepare harissa, place the first 4 ingredients in a spice or coffee grinder; process until finely ground.
- ☐ Heat oil in a small saucepan over medium heat.
- ☐ Add 1 tablespoon garlic and spice mixture; cook 1 minute or until garlic is golden and spices are fragrant, stirring frequently.
- ☐ Add tomatoes, mint, and 1/2 teaspoon salt; reduce heat to low, and simmer 1 hour or until mixture thickens to a paste, stirring occasionally.
- ☐ Remove from heat; chill until ready to use.
- ☐ Preheat oven to 37
- ☐ To prepare lamb, combine molasses, ginger, 1 tablespoon garlic, and shallots. Unroll lamb; sprinkle 1 teaspoon salt and black pepper over both sides.
- ☐ Spread half of molasses mixture on top of lamb. Reroll lamb; secure at 1-inch intervals with twine.
- ☐ Place on a broiler pan; rub remaining pomegranate mixture over outside of lamb.

- ☐
- Bake at 375 for 50 minutes or until a thermometer registers 12

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Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:11.601739043775%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 174.68kcal (8.73%), Fat: 7.74g (11.91%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 5.67g (2.06%), Sugar: 3.81g (4.24%), Cholesterol: 57.15mg (19.05%), Sodium: 561.01mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Vitamin B12: 2.41µg (40.19%), Selenium: 21.35µg (30.5%), Vitamin B3: 5.96mg (29.82%), Zinc: 3.56mg (23.74%), Phosphorus: 187.63mg (18.76%), Vitamin B2: 0.26mg (15.05%), Iron: 2.36mg (13.14%), Vitamin B6: 0.23mg (11.44%), Potassium: 376.27mg (10.75%), Vitamin B1: 0.15mg (10.11%), Magnesium: 33.14mg (8.28%), Copper: 0.16mg (8.18%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.72mg (7.16%), Folate: 25.63µg (6.41%), Manganese: 0.13mg (6.38%), Vitamin C: 4.97mg (6.03%), Vitamin K: 4.02µg (3.83%), Fiber: 0.9g (3.58%), Vitamin A: 156.53IU (3.13%), Calcium: 29.14mg (2.91%)