



HEALTH SCORE

65%

Loin of lamb with baba ganoush



Gluten Free



Very Healthy

READY IN



80 min.

SERVINGS



2

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g lamb loin fillet with fat on and tied (see 'try')
- ☐ 1 tbsp mint leaves fresh finely chopped
- ☐ 1 tbsp olive oil
- ☐ 2 eggplant
- ☐ 1 juice of lemon
- ☐ 1 garlic clove roughly chopped
- ☐ 1 handful parsley fresh chopped
- ☐ 2 tbsp tahini

- ☐ 100 g jicama trimmed sliced
- ☐ 25 g butter unsalted
- ☐ 1 handful almonds flaked
- ☐ 1 small garlic clove roughly chopped
- ☐ 1 pinch chili powder hot

Equipment

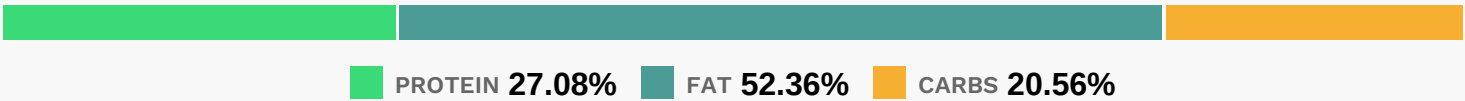
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat the oven to 220C/gas 7/fan 200C, then roast the aubergines on a baking sheet for 30 minutes until the skins are well blistered, turning them halfway. Leave the oven on (for the lamb) and tip the aubergines into a colander over a bowl. Leave until cool and to let the juices drain off, then peel and put the flesh back in the colander to drain again for a few minutes.
- ☐ Put the aubergine flesh and the rest of the baba ganoush ingredients into a food processor. Whizz until smooth, then taste, add salt and pepper, plus more tahini paste if you like it. Set aside.
- ☐ Cut the lamb in half widthways, sprinkle with salt and pepper and roll it in the chopped herbs.
- ☐ Heat the olive oil in an ovenproof pan until very hot, put the lamb in and brown well on all sides, even the ends. This should take about 7 minutes in total.
- ☐ Transfer the pan to the oven and roast for 8 minutes to cook the lamb to just medium – leave it for longer if you want it a little more cooked. While the lamb is cooking, blanch the runner beans in boiling salted water for 3–4 minutes and drain them well.
- ☐ Once cooked, remove the lamb from the oven and leave to rest. Melt the butter in a saucepan, add the almonds and cook on a medium heat for 2 minutes until toasted. Tip in the

garlic and beans and cook on a low heat for 3 minutes. To serve, spoon a little baba on each plate, slice the lamb into medallions and nestle next to the beans.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:47.427825761878%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 755.85kcal (37.79%), Fat: 45.41g (69.86%), Saturated Fat: 13.51g (84.44%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 21.09g (7.67%), Sugar: 18.16g (20.17%), Cholesterol: 158.88mg (52.96%), Sodium: 156.92mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.84g (105.69%), Vitamin B3: 17.57mg (87.83%), Selenium: 55.28µg (78.97%), Manganese: 1.55mg (77.46%), Fiber: 19.03g (76.1%), Vitamin B12: 4.44µg (74.02%), Phosphorus: 700.25mg (70.03%), Zinc: 8.44mg (56.27%), Potassium: 1901.78mg (54.34%), Copper: 1.07mg (53.32%), Vitamin K: 54.17µg (51.59%), Vitamin B2: 0.85mg (49.84%), Vitamin B1: 0.73mg (48.71%), Vitamin E: 7.18mg (47.87%), Folate: 183.49µg (45.87%), Magnesium: 182.48mg (45.62%), Vitamin B6: 0.84mg (41.86%), Iron: 6.67mg (37.06%), Vitamin C: 30.46mg (36.92%), Vitamin B5: 2.81mg (28.07%), Calcium: 146.99mg (14.7%), Vitamin A: 656.87IU (13.14%), Vitamin D: 0.19µg (1.25%)