



HEALTH SCORE

61%

## Marinated barbecue lamb with shallot marmalade, served with griddled vegetables



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1037 kcal

SIDE DISH

## Ingredients

- ☐ 4 cannons of lamb (see Choosing your meat, below)
- ☐ 350 ml approx olive oil
- ☐ 2 bulbs fennel trimmed (, use fennel tops in marinade)
- ☐ 4 tbsp balsamic vinegar
- ☐ 250 g asparagus
- ☐ 2 pasilla peppers red (Gordon used Romano)
- ☐ 6 sprigs thyme leaves

- ☐ 4 slices dough bread sour
- ☐ 1 juice of lemon
- ☐ 2 tsp dijon mustard
- ☐ 1 fat garlic clove crushed finely chopped
- ☐ 4 servings fennel tops chopped
- ☐ 1 handful mint leaves roughly chopped
- ☐ 8 shallots halved sliced
- ☐ 4 fat garlic cloves sliced
- ☐ 1 cube cm root ginger fresh grated peeled
- ☐ 1 tsp mild curry powder
- ☐ 2 tsp golden caster sugar
- ☐ 3 tbsp citrus champagne vinegar
- ☐ 3 tbsp crème fraîche

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

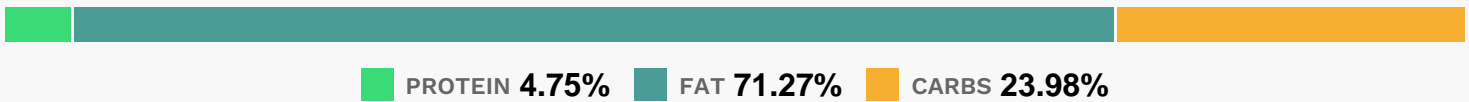
## Directions

- ☐ Make the marinade in a bowl, whisk together 150ml olive oil, lemon juice, mustard, garlic, fennel tops and mint, a good pinch sea salt flakes and freshly ground black pepper.
- ☐ Pour half the marinade into a long dish, sit the lamb on top and cover with the remaining marinade. Set aside for at least 30 mins so that the flavours develop.
- ☐ Heat a frying pan over a high heat, add the shallots, garlic, ginger, curry powder, sugar, 4 tbsp oil and fry for 2–3 mins, stirring until caramelised. Turn down heat and add leaves from 4 thyme sprigs. Season and cook on medium heat for about 15 mins, stirring occasionally.
- ☐ Deglaze with wine vinegar, cook for another 5 mins, then stir in the crme frache and cook 2–3 mins. You should have a creamy soft mixture. Set aside to cool. The marmalade will keep in

the fridge for up to 3 days.

- ☐ Lightly trim the fennel roots, then quarter and cut each bulb into 8 wedges. Slash each wedge down the centre almost to the root.
- ☐ Lay on a plate, drizzle with a little oil and the balsamic vinegar. Season lightly.
- ☐ For the asparagus, cut off woody ends on the diagonal, then split each spear down the centre almost to the tips.
- ☐ Drizzle with a little oil and season well.
- ☐ For the peppers, remove stalk, slit open, remove seeds and ribs, then open out and cut into long 2cm-thick strips.
- ☐ Sprinkle the bread slices with crushed salt, more thyme leaves and lightly drizzle some oil. Set all the vegetables and bread aside.
- ☐ Lift meat from the marinade and lightly shake to remove any excess marinade.
- ☐ Place on the hot griddle (take care, as the griddle will flame up) and cook 6-7 mins each side, moving to the side of the grill if they start to burn. Press meat with the back of a fork to check for doneness (see Gordons tips, below). I serve my lamb medium rare. Allow 2 mins extra each side for well done.
- ☐ Remove cooked meat and leave to rest for 10 mins.
- ☐ Griddle vegetables starting with the fennel, allowing 3 mins each side until chargrilled and lightly softened. Then cook asparagus for 4-5 mins turning once, the pepper strips (3-4 mins) and finally the bread until lightly toasted. Slice the meat thinly lengthways.
- ☐ Spread the toast with shallot marmalade, top with the lamb and serve with the vegetables alongside.

## Nutrition Facts



## Properties

Glycemic Index:117.88, Glycemic Load:32.78, Inflammation Score:-10, Nutrition Score:35.584347805656%

## Flavonoids

Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.26mg, Luteolin: 1.26mg,

Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 1036.55kcal (51.83%), Fat: 84.18g (129.51%), Saturated Fat: 12.58g (78.64%), Carbohydrates: 63.73g (21.24%), Net Carbohydrates: 53.83g (19.57%), Sugar: 19.73g (21.93%), Cholesterol: 6.04mg (2.01%), Sodium: 495.22mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin K: 152.73µg (145.46%), Vitamin C: 104.83mg (127.06%), Vitamin E: 14.16mg (94.39%), Vitamin A: 2672.87IU (53.46%), Manganese: 1.03mg (51.7%), Folate: 192.59µg (48.15%), Vitamin B1: 0.64mg (42.5%), Fiber: 9.9g (39.59%), Iron: 6.77mg (37.64%), Selenium: 23.24µg (33.21%), Potassium: 1070.96mg (30.6%), Vitamin B6: 0.6mg (29.82%), Vitamin B2: 0.5mg (29.12%), Vitamin B3: 5.31mg (26.57%), Phosphorus: 229.77mg (22.98%), Magnesium: 77.72mg (19.43%), Copper: 0.39mg (19.33%), Calcium: 164.88mg (16.49%), Zinc: 1.79mg (11.94%), Vitamin B5: 1.08mg (10.81%)