



 **61%**
HEALTH SCORE

Mediterranean Rotisserie Leg of Lamb with Potatoes, Fennel, and Olives

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



135 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 2 medium fennel bulb trimmed quartered
- 1 tablespoon cloves minced (from 5 medium cloves)
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 0.5 cup kalamata olives pitted
- 1.5 teaspoons kosher salt

- 3.5 pound leg of lamb boneless
- 1 tablespoon lemon zest finely grated (from 2 medium lemons)
- 2 tablespoons olive oil
- 1 tablespoon paprika
- 1 medium onion red ends trimmed quartered
- 1.5 pounds potatoes – remove skin red

Equipment

- bowl
- baking sheet
- grill
- kitchen thermometer
- aluminum foil
- kitchen towels
- cutting board
- kitchen twine

Directions

- Combine the garlic, zest, oil, and 2 teaspoons of the salt in a small bowl and set aside.
- Combine the remaining 2 teaspoons of salt, paprika, coriander, and cumin in a separate small bowl and set aside. Have 7 or 8 (20-inch) lengths of butcher's twine ready.
- Remove and discard any mesh netting or string around the lamb. Unroll the lamb and lay it flat and fat-side down on a work surface. Using your hands, rub all of the lemon-garlic mixture evenly over the surface of the lamb and season with pepper.
- Remove the rotisserie center rod (spit) and fork prongs from an outdoor gas grill with a rotisserie attachment. Turn on the rotisserie burner, turn on the left and right grill burners to medium (leave the middle burner off), and let the grill heat to medium (about 350°F to 450°F). Meanwhile, load the lamb onto the spit and prepare the vegetables. Slide 1 pronged fork onto the spit with the tines facing inward, setting it about 10 inches from the end of the spit, and tighten the fork halfway. Slide the spit through the center of the lamb lengthwise and push the lamb onto the fork tines until it's firmly embedded. Attach the other pronged fork with the

tines facing inward and slide it down until it's firmly embedded in the lamb. If necessary, adjust the forks and lamb so that they are centered on the spit. Tighten both forks into place; set aside. Line a rimmed baking sheet with aluminum foil.

- Cut the potatoes in half and place them on the baking sheet.
- Add the fennel and onion, drizzle with the oil, add the measured salt, and season with pepper; toss with your hands to combine. Turn all of the potato pieces cut-side down.
- Sprinkle in the olives; set aside. When the grill is ready, load the pointed end of the spit onto the rotisserie motor.
- Place the sheet of vegetables directly on the grill grates underneath the lamb. Turn on the rotisserie motor, cover the grill, and cook, stirring the vegetables every 30 minutes, until an instant-read thermometer inserted into the center of the lamb registers 135°F to 140°F, about 1 to 1 1/2 hours. Turn off the rotisserie motor, rotisserie burner, and grill burners. Using potholders or kitchen towels, carefully remove the spit to a cutting board and loosen the forks.
- Remove the lamb from the spit and remove the forks. Tent the lamb loosely with aluminum foil and let it rest for at least 10 minutes.
- Remove the tray of vegetables from the grill and cover with aluminum foil.
- Cut and discard the twine from the lamb.
- Cut the meat crosswise into 1/2-inch-thick slices and serve with the vegetables.

Nutrition Facts

 **PROTEIN 38.6%**  **FAT 33.44%**  **CARBS 27.96%**

Properties

Glycemic Index:20.67, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:30.557826332424%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 390.45kcal (19.52%), Fat: 14.65g (22.54%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 21.51g (7.82%), Sugar: 5.55g (6.17%), Cholesterol: 106.68mg (35.56%), Sodium: 925.07mg (40.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.06g (76.13%), Vitamin B12: 4.5µg (75.01%), Vitamin B3: 12.4mg (61.97%), Selenium: 40.79µg (58.28%), Vitamin K: 57.14µg (54.42%), Zinc: 7.08mg (47.21%), Phosphorus: 444.51mg (44.45%), Potassium: 1401.32mg (40.04%), Manganese: 0.73mg (36.49%), Vitamin B2: 0.5mg (29.53%), Iron: 5.21mg (28.94%), Vitamin B6: 0.57mg (28.44%), Vitamin C: 21.94mg (26.59%), Fiber: 6.05g (24.2%), Vitamin B1: 0.35mg (23.52%), Magnesium: 93.41mg (23.35%), Copper: 0.46mg (22.82%), Folate: 84.51µg (21.13%), Vitamin B5: 1.76mg (17.59%), Vitamin E: 2.33mg (15.55%), Vitamin A: 737.75IU (14.75%), Calcium: 85.48mg (8.55%)