



## Mustard and Curry Roast Lamb

 Dairy Free

READY IN



52 min.

SERVINGS



3

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup breadcrumbs plain toasted
- 1 tablespoon curry powder hot
- 1 tablespoon mint leaves fresh minced
- 1 teaspoon kosher salt
- 2.5 pound double lamb loin roast with saddles attached
- 2 tablespoons mustard hot
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- paper towels
- oven

## Directions

- Watch how to make this recipe.
- Heat oven to 450 degrees F and arrange the rack in the middle.
- Set lamb at room temperature while oven heats up, at least 20 minutes.
- Combine breadcrumbs, 2 tablespoons of the oil, mint, curry, salt, and pepper in a medium bowl and stir to mix thoroughly; set aside.
- Pat lamb dry with paper towels, score fat in a crosshatch pattern, and season well with additional salt and pepper.
- Heat 1 tablespoon of the oil in a large cast iron pan over medium-high heat. When the oil is just smoking, add the lamb, fat-side down, and brown, about 5 minutes.
- Transfer the lamb to a plate.
- Brush mustard evenly on the seared side of the lamb. Press the reserved breadcrumb mixture into the meat so that it adheres.
- Place lamb back into the pan and roast until the internal temperature of lamb is 135 degrees F for medium rare, about 35 to 40 minutes. Allow lamb to sit for 5 to 10 minutes before carving and serving.

## Nutrition Facts



**PROTEIN 42.39%** **FAT 43.58%** **CARBS 14.03%**

## Properties

Glycemic Index:23, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:40.518695603246%

## Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

## **Nutrients (% of daily need)**

Calories: 817.14kcal (40.86%), Fat: 38.6g (59.38%), Saturated Fat: 10.63g (66.47%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 25.07g (9.12%), Sugar: 2.43g (2.7%), Cholesterol: 249.48mg (83.16%), Sodium: 1407.31mg (61.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.49g (168.98%), Selenium: 102.03µg (145.76%), Vitamin B12: 8.48µg (141.33%), Vitamin B3: 27.15mg (135.76%), Zinc: 12.75mg (84.98%), Phosphorus: 796.85mg (79.68%), Vitamin B2: 1.03mg (60.67%), Vitamin B1: 0.87mg (57.67%), Iron: 9.82mg (54.55%), Vitamin B6: 0.72mg (35.93%), Folate: 134.95µg (33.74%), Potassium: 1171.54mg (33.47%), Magnesium: 129.06mg (32.26%), Copper: 0.61mg (30.38%), Manganese: 0.59mg (29.59%), Vitamin K: 29.81µg (28.39%), Vitamin B5: 2.73mg (27.31%), Vitamin E: 2.34mg (15.57%), Calcium: 132.37mg (13.24%), Fiber: 2.89g (11.56%), Vitamin A: 98.53IU (1.97%)