



Mustard-crusted breast of lamb

 Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 carrots chopped
- ☐ 2 onions chopped
- ☐ 1 garlic bulb halved
- ☐ 1 small bunch thyme leaves
- ☐ 2 bay leaves
- ☐ 2 breasts of lamb skinless
- ☐ 1 bottle cheap white wine

- ☐ 4 tbsp mustard english
- ☐ 100 g breadcrumbs white
- ☐ 1 tbsp olive oil
- ☐ 4 servings new potatoes and watercress salad boiled

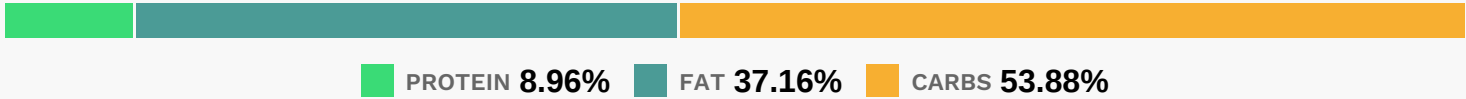
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a roasting tin and brown the carrot, onions and garlic on the hob for about 5 mins.
- ☐ Add the thyme and bay leaves, then lay the lamb on top.
- ☐ Pour over the whole bottle of wine and about 350ml water, season well and cover tightly with a sheet of foil. Cook the lamb, undisturbed, for 2 hrs, then remove from the oven. Leave the lamb to cool slightly before gently pulling out the bones.
- ☐ Pour the juices and veg into a container and chill. Can be prepared up to 2 days in advance and chilled.
- ☐ Increase oven to 200C/180C fan/gas
- ☐ Lay the lamb, skin-side up, in a shallow roasting tin and generously brush with mustard. Pack over the breadcrumbs and drizzle with the olive oil.
- ☐ Bake for 30 mins until the crumbs are toasted and crisp.
- ☐ Meanwhile, lift the solid fat off the cold sauce and reheat the sauce on the hob. Lift the lamb onto a board and cut into pieces.
- ☐ Serve with the veg in their sauce, boiled potatoes and a watercress salad.

Nutrition Facts



Properties

Glycemic Index:61.9, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:13.809999979061%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 381.71kcal (19.09%), Fat: 10.3g (15.84%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.48g (11.08%), Sugar: 9.09g (10.1%), Cholesterol: 0.37mg (0.12%), Sodium: 1491.27mg (64.84%), Alcohol: 19.31g (100%), Alcohol %: 7.57% (100%), Protein: 5.59g (11.18%), Vitamin A: 5147.12IU (102.94%), Manganese: 0.6mg (29.96%), Vitamin B1: 0.3mg (19.99%), Vitamin K: 15.06µg (14.34%), Vitamin B6: 0.25mg (12.47%), Fiber: 3.1g (12.42%), Iron: 2.17mg (12.03%), Vitamin B3: 2.29mg (11.45%), Folate: 45.68µg (11.42%), Potassium: 374.74mg (10.71%), Phosphorus: 105.24mg (10.52%), Magnesium: 40.84mg (10.21%), Selenium: 7µg (10%), Vitamin B2: 0.17mg (9.91%), Vitamin C: 7.92mg (9.61%), Calcium: 91.4mg (9.14%), Vitamin E: 1.02mg (6.77%), Copper: 0.12mg (5.8%), Zinc: 0.8mg (5.35%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.1µg (1.65%)