



Navarin d'agneau

READY IN



145 min.

SERVINGS



6

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz leg of lamb
- ☐ 2 tbsp vegetable oil
- ☐ 2 large leek (with some green left on) and halved both lengthways and crosswise, then washed trimmed
- ☐ 3 large carrots peeled halved
- ☐ 6 small turnip thick peeled cut into rounds
- ☐ 1 bouillon cubes
- ☐ 4 tsp flour plain
- ☐ 100 ml wine dry white
- ☐ 12 spring onion white green

- ☐ 1 sprigs lemon thyme
- ☐ 3 tbsp whipping cream
- ☐ 1 optional: lemon
- ☐ 6 servings lemon thyme fresh chopped
- ☐ 350 g frangelico peeled scrubbed halved
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Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Halve the lamb steaks and cut off any excess fat.
- ☐ Heat 1 tbsp of the oil over a medium heat in a large flameproof casserole that has a tight-fitting lid. Fry the lamb until it 'seizes' it should be a little coloured all over but not charred. Bring a kettle of water to the boil.
- ☐ Transfer the lamb to a plate and rinse out the casserole.
- ☐ Add the veg (but not the spring onions) and cover with boiling water. Season and cook for 15 minutes, then drain into a colander over a bowl. Measure 450ml/16fl oz of the cooking liquid, crumble in the stock cube and stir to dissolve.
- ☐ Mop the fatty juices from the lamb with kitchen paper.
- ☐ Heat the remaining oil in the casserole over a medium-high heat.
- ☐ Add the lamb, season and sprinkle with the flour, then stir for a minute. Tip in the stock, wine, onions and herbs and bring to a simmer. Turn the heat to low, cover and cook gently for 1 hour, stirring a few times.
- ☐ Add the veg and stir well, cover and cook for a further 15-20 minutes or until the potatoes are tender. (Cool then freeze for up to 1 month or keep chilled for up to 24 hours.)
- ☐ Lift out the meat and veg into a warm serving bowl. With the casserole over a low heat, stir in the cream, grate in the lemon zest and squeeze in the juice. Adjust the seasoning, spoon over the lamb and veg, sprinkle with herbs and serve.

Nutrition Facts



 **PROTEIN 20.64%**  **FAT 43.58%**  **CARBS 35.78%**

Properties

Glycemic Index:64.89, Glycemic Load:5.9, Inflammation Score:-10, Nutrition Score:19.313043648782%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 195.16kcal (9.76%), Fat: 9.25g (14.23%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 13.12g (4.77%), Sugar: 6.67g (7.41%), Cholesterol: 31.36mg (10.45%), Sodium: 260.99mg (11.35%), Alcohol: 1.74g (100%), Alcohol %: 0.93% (100%), Protein: 9.85g (19.71%), Vitamin A: 6917.63IU (138.35%), Vitamin K: 77.08µg (73.41%), Vitamin C: 34.46mg (41.77%), Manganese: 0.38mg (18.99%), Vitamin B12: 0.98µg (16.39%), Vitamin B3: 3.23mg (16.15%), Folate: 64.18µg (16.04%), Fiber: 3.97g (15.87%), Selenium: 10.25µg (14.64%), Potassium: 509.77mg (14.56%), Vitamin B6: 0.28mg (14.03%), Phosphorus: 131.72mg (13.17%), Iron: 2.36mg (13.12%), Zinc: 1.83mg (12.22%), Vitamin B2: 0.19mg (11.21%), Vitamin B1: 0.15mg (10.07%), Magnesium: 39.93mg (9.98%), Copper: 0.19mg (9.26%), Calcium: 83.58mg (8.36%), Vitamin E: 1.21mg (8.05%), Vitamin B5: 0.61mg (6.11%)