



Open-Faced Pitas with Rotisserie Lamb with Pomegranate and Mint, Grilled Tomatoes, and Greek Slaw

READY IN



370 min.

SERVINGS



8

CALORIES



781 kcal

Ingredients

- ☐ 2 bay leaves
- ☐ 8 servings canola oil for brushing
- ☐ 1 large carrots grated
- ☐ 8 servings cherry tomatoes for serving
- ☐ 2 tablespoons dijon mustard
- ☐ 6 ounces greek feta crumbled
- ☐ 2 tablespoons optional: dill fresh finely chopped for garnish
- ☐ 2 tablespoons mint leaves fresh finely chopped

- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 head cabbage shredded green
- ☐ 1 teaspoon honey
- ☐ 1 juice of lemon
- ☐ 2 juice of lemon
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 4 pounds half leg of lamb boneless
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 lemons for serving
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 8 pita breads with or without pockets, for serving warmed
- ☐ 1 cup pomegranate juice
- ☐ 1 cup pomegranate molasses
- ☐ 1 cup cabbage shredded red finely
- ☐ 1 cup red wine

Equipment

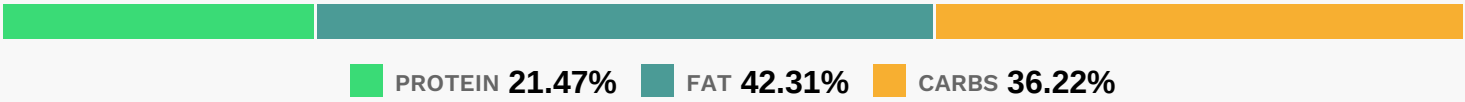
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Sprinkle both sides of the lamb with salt and pepper.
- ☐ Roll the lamb and tie with twine.
- ☐ Cut small slits over the entire lamb, using a paring knife. Fill each slit with a slice of the garlic.
- ☐ Put the lamb into a large plastic resealable bag.
- ☐ Whisk the pomegranate juice, wine, olive oil, oregano, rosemary, onions, bay leaves and lemon juice in a bowl and sprinkle with salt and pepper.
- ☐ Pour the marinade over the lamb, in the bag. Press the air out of the bag and seal tightly.
- ☐ Place the bag into a large bowl. Refrigerate the lamb for at least 4 hours and up to 24 hours, turning the bag a few times during that time.
- ☐ Remove the lamb from the refrigerator 30 minutes before cooking. Preheat the grill to medium-hot heat.
- ☐ Whisk the pomegranate molasses, mint, mustard and lemon juice in a medium bowl and sprinkle with salt and pepper.
- ☐ Skewer the lamb onto the rotisserie and grill until a meat thermometer registers 135 degrees F for medium doneness, 1 1/2 hours to 1 3/4 hours. Begin brushing the lamb with the pomegranate molasses mixture after about 45 minutes of grilling.
- ☐ Whisk together the lemon juice, olive oil, dill, honey and garlic in a large bowl.
- ☐ Sprinkle with salt and pepper.
- ☐ Add the red and green cabbage, carrot and feta. Toss to combine. Cover the slaw and refrigerate for at least 30 minutes before serving.
- ☐ Transfer the lamb to a cutting board and loosely tent with foil. Wait 15 minutes before slicing.
- ☐ While the lamb is resting, brush the tomatoes with canola oil and sprinkle with salt and pepper. Grill the tomatoes until they are charred on both sides and just soft, about 4 minutes.
- ☐ Slice the lamb.
- ☐ Lay the warm pita breads on a large platter. Top with sliced lamb, grilled tomatoes and the Greek slaw. Squeeze the lemons over the top and serve.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:32.06, Inflammation Score:-10, Nutrition Score:39.982609056908%

Flavonoids

Cyanidin: 24.15mg, Cyanidin: 24.15mg, Cyanidin: 24.15mg, Cyanidin: 24.15mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 7.07mg, Eriodictyol: 7.07mg, Eriodictyol: 7.07mg, Eriodictyol: 7.07mg Hesperetin: 10.58mg, Hesperetin: 10.58mg, Hesperetin: 10.58mg, Hesperetin: 10.58mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 780.8kcal (39.04%), Fat: 35.87g (55.18%), Saturated Fat: 7.7g (48.13%), Carbohydrates: 69.07g (23.02%), Net Carbohydrates: 62.87g (22.86%), Sugar: 23.37g (25.96%), Cholesterol: 110.37mg (36.79%), Sodium: 714.9mg (31.08%), Alcohol: 3.18g (100%), Alcohol %: 0.63% (100%), Protein: 40.95g (81.89%), Vitamin C: 85.4mg (103.52%), Vitamin K: 80.21µg (76.39%), Vitamin B12: 4.22µg (70.29%), Vitamin B3: 11.69mg (58.46%), Selenium: 39.76µg (56.81%), Vitamin A: 2606.36IU (52.13%), Phosphorus: 495.43mg (49.54%), Zinc: 7.15mg (47.67%), Manganese: 0.84mg (42.24%), Vitamin B2: 0.7mg (41.27%), Vitamin E: 5.58mg (37.22%), Vitamin B1: 0.53mg (35.08%), Vitamin B6: 0.7mg (34.97%), Potassium: 1193.34mg (34.1%), Iron: 6.03mg (33.47%), Folate: 123.08µg (30.77%), Calcium: 257.68mg (25.77%), Fiber: 6.2g (24.78%), Magnesium: 98.08mg (24.52%), Copper: 0.46mg (23.09%), Vitamin B5: 2.05mg (20.46%)