



Patrick Sage-y Crusted Lamb Loin with Angel Hair Pancake and Broken Hearts of Palm-Tomato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups angel hair cooked uncooked (6 ounces pasta)
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 9 round cherry tomatoes halved
- ☐ 0.4 ounce porcini mushrooms dried
- ☐ 3 large eggs

- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 0.8 cup hearts of palm canned diagonally sliced () (4)
- ☐ 12 ounce boned lamb loin
- ☐ 1 tablespoon olive oil divided
- ☐ 1 teaspoon olive oil
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 cup onion red vertically sliced
- ☐ 1 tablespoon teaspoon rubbed sage dried fresh minced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sherry vinegar

Equipment

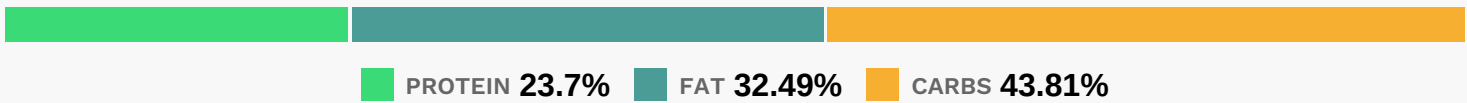
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ To prepare salad, combine first 9 ingredients in a bowl; toss gently to coat. Set aside.
- ☐ To prepare pancakes, combine parsley, 1/4 teaspoon salt, 1/4 teaspoon pepper, and eggs in a large bowl, stirring with a whisk.
- ☐ Add pasta; toss well to coat.
- ☐ Heat 1 teaspoon oil in a small nonstick skillet over medium-high heat.

- ☐ Add 1 cup pasta mixture; cook 1 minute on each side or until golden brown. Repeat procedure twice with 2 teaspoons oil and remaining pasta mixture; keep warm.
- ☐ To prepare the lamb, place mushrooms in a spice or coffee grinder, and process until finely ground.
- ☐ Combine 1 tablespoon ground mushrooms, sage, 1/8 teaspoon salt, and 1/8 teaspoon pepper, reserving the remaining ground mushrooms for another use. Rub lamb with mushroom mixture.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add lamb; saut 1 minute on all sides. Insert meat thermometer into thickest part of lamb. Wrap handle of skillet with foil; place skillet in oven.
- ☐ Bake at 400 for 8 minutes or until meat thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 5 minutes before slicing.
- ☐ Place 1 pancake on each of 3 serving plates; top each pancake with 3/4 cup salad. Arrange 3 ounces lamb around each salad.

Nutrition Facts



Properties

Glycemic Index:88.33, Glycemic Load:23.03, Inflammation Score:-8, Nutrition Score:36.497826223788%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 727.6kcal (36.38%), Fat: 25.97g (39.95%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 78.79g (26.26%), Net Carbohydrates: 74.02g (26.92%), Sugar: 14.48g (16.09%), Cholesterol: 260.84mg (86.95%), Sodium: 460.65mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.23%), Selenium: 91.98µg (131.4%), Phosphorus: 573.21mg (57.32%), Vitamin K: 59.74µg (56.89%), Zinc: 7.96mg (53.08%), Potassium: 1837.89mg (52.51%), Copper: 1.02mg (50.76%), Vitamin B3: 10.07mg (50.36%), Vitamin B6: 0.99mg (49.59%),

Vitamin B12: 2.95µg (49.18%), Manganese: 0.94mg (46.83%), Vitamin B2: 0.71mg (41.5%), Iron: 5.96mg (33.11%),
Vitamin B5: 2.67mg (26.7%), Vitamin C: 21.26mg (25.77%), Folate: 99.66µg (24.91%), Magnesium: 98.71mg (24.68%),
Vitamin E: 3.36mg (22.39%), Vitamin B1: 0.31mg (20.69%), Fiber: 4.77g (19.07%), Vitamin A: 839.57IU (16.79%),
Calcium: 97.88mg (9.79%), Vitamin D: 1.13µg (7.53%)