



## Pommes boulangère with roast lamb

 Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 kg oyster mushroom peeled
- ☐ 2 large onion
- ☐ 50 ml olive oil
- ☐ 12 sprigs thyme leaves
- ☐ 3 tbsp balsamic vinegar
- ☐ 750 ml chicken stock see fresh
- ☐ 85 g butter softened
- ☐ 3 lamb loins

- ☐ 1 lb garlic

## Equipment

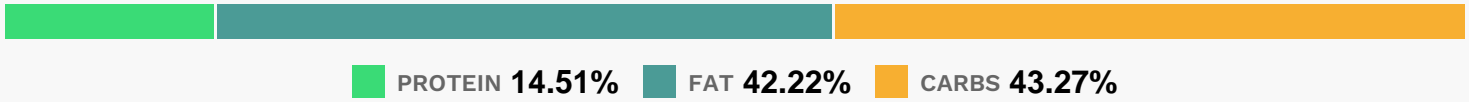
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ kitchen towels

## Directions

- ☐ Thinly slice the potatoes on a mandolin, then soak in a large bowl of cold water for 1 hr.
- ☐ Drain well, then pat dry between two clean tea towels. Halve the onions, then thinly slice.
- ☐ Heat 2 tbsp of oil in a large frying pan, then saut the onions with 4 sprigs of thyme for around 10 mins, stirring once or twice. Stir in the vinegar and cook until evaporated, about 2 mins, stirring two or three times so the onions dont burn.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Arrange a quarter of the potatoes in a large ovenproof dish, reserving any larger slices for the top. Season, then sprinkle over leaves from 3 thyme sprigs and scatter over a third of the onions. Repeat the potato layers three times more and onions twice, seasoning in between, then finishing with a potato layer and more thyme sprigs.
- ☐ Bring the stock to the boil, then ladle it over, making sure it seeps down the sides. Dot the top with half the butter, then bake, uncovered, for 45 mins.
- ☐ While the potatoes are cooking, score the fat on the lamb rumps in a crisscross using the tip of a sharp knife.
- ☐ Cut the garlic bulb in half, place in a bowl with a drizzle of oil, the lamb and the remaining thyme, then leave to marinate. After the potatoes have been in for 45 mins, season both sides of each lamb rump.
- ☐ Heat more oil in a large non-stick frying pan and when hot, brown the rumps, fat-side down, for 5 mins with the garlic bulb. Then, turn and brown the rumps all over for 5 mins more.
- ☐ Add the remaining butter to the pan, turning the rumps in the melted fat.

- ☐
- Place the rumps on top of the potatoes, adding the garlic and drizzling with the pan juices.
- ☐
- Season again and return to the oven for about 35 mins. By now, the whole dish should be finished with cooked potatoes and tender lamb cooked to medium.
- ☐
- Remove the lamb, then leave aside to rest for 10 mins, returning the potatoes to the oven to crisp up. To serve, slice each rump lengthways. Spoon the potatoes onto 6 warmed plates with slices of lamb on top.

## Nutrition Facts



## Properties

Glycemic Index:33.67, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:33.093043589074%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

## Nutrients (% of daily need)

Calories: 440.09kcal (22%), Fat: 22.22g (34.19%), Saturated Fat: 9.04g (56.51%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 42.79g (15.56%), Sugar: 8.86g (9.84%), Cholesterol: 34.63mg (11.54%), Sodium: 334.74mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Manganese: 1.66mg (82.8%), Vitamin B3: 15.05mg (75.26%), Vitamin B6: 1.36mg (67.89%), Vitamin B2: 1.09mg (64.25%), Phosphorus: 472.23mg (47.22%), Copper: 0.94mg (46.88%), Potassium: 1585.02mg (45.29%), Vitamin B5: 3.77mg (37.74%), Vitamin C: 30.74mg (37.26%), Vitamin B1: 0.53mg (35.55%), Fiber: 8.47g (33.87%), Iron: 5.44mg (30.23%), Selenium: 20.51µg (29.3%), Folate: 114.52µg (28.63%), Zinc: 3.14mg (20.91%), Magnesium: 78.52mg (19.63%), Calcium: 173.45mg (17.35%), Vitamin D: 1.75µg (11.67%), Vitamin A: 580.65IU (11.61%), Vitamin E: 1.53mg (10.23%), Vitamin K: 7.33µg (6.98%)