



Rabbit with mustard & bacon

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter softened
- ☐ 1 small handful parsley chopped
- ☐ 1 small garlic clove crushed
- ☐ 0.5 lemon zest grated
- ☐ 2 dressed rabbit (see tips below)
- ☐ 10 slices pancetta
- ☐ 3 tbsp crème fraîche
- ☐ 1 tbsp dijon mustard

- ☐ 1 tbsp coarse mustard
- ☐ 4 servings juice of lemon
- ☐ 4 servings baby potatoes steamed peeled

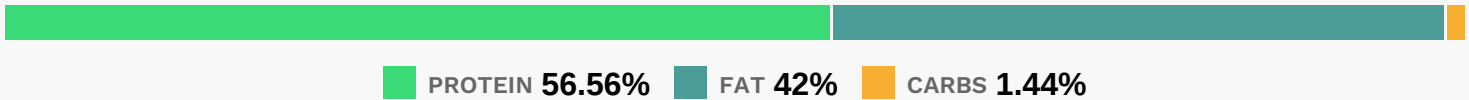
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Mash the butter with the herbs, garlic and lemon zest, then chill. This can be done up to a day in advance. Use a small sturdy knife to scrape the meat away from the thigh bone part of the rabbit leg. Try and create a pocket around the bone rather than cutting into the actual meat. When you get to the joint, cut or snap the bone away.
- ☐ Halve the butter, roll into two logs, then stuff into the cavity of each rabbit leg. Wrap the slices of pancetta around each leg so that they join underneath. The rabbit can be prepared up to a day ahead and kept in the fridge.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place the rabbit on a shallow roasting tray and roast for 20–30 mins (see tip below), then leave to rest for 5 mins. While the rabbit is cooking, make the sauce.
- ☐ Heat the crme frache with both mustards and simmer for 2–3 mins until thickened slightly. Season to taste, then add a squeeze of lemon juice and set aside.
- ☐ To serve, spoon some sauce onto each plate and carve the rabbit into thick slices. Arrange the rabbit on top of the sauce with some steamed new potatoes on the side.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:25.2943478123%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 833.87kcal (41.69%), Fat: 37.68g (57.97%), Saturated Fat: 15.47g (96.66%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.85g (0.95%), Cholesterol: 460.29mg (153.43%), Sodium: 648.31mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 114.17g (228.35%), Vitamin B3: 34.01mg (170.04%), Phosphorus: 1201.93mg (120.19%), Iron: 16.37mg (90.96%), Selenium: 57.17µg (81.68%), Potassium: 2014.21mg (57.55%), Magnesium: 155.88mg (38.97%), Vitamin B2: 0.36mg (21.04%), Vitamin B1: 0.27mg (18.03%), Vitamin K: 17.55µg (16.72%), Vitamin C: 8.64mg (10.48%), Vitamin A: 472.32IU (9.45%), Calcium: 83.33mg (8.33%), Vitamin B6: 0.12mg (6.18%), Vitamin B12: 0.22µg (3.59%), Zinc: 0.53mg (3.56%), Vitamin E: 0.53mg (3.56%), Vitamin B5: 0.29mg (2.94%), Manganese: 0.05mg (2.68%), Fiber: 0.52g (2.07%), Folate: 6.24µg (1.56%), Copper: 0.03mg (1.49%)