



Rack of Lamb with Baby Turnips and Mint Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper red crushed
- ☐ 8 servings pepper black freshly ground
- ☐ 1 cup cilantro leaves fresh packed ()
- ☐ 2.5 cups mint leaves fresh divided packed ()
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 1 pound pearl onions
- ☐ 2 wire rack racks of for 1 hour at room temperature
- ☐ 3 tablespoons red wine vinegar divided ()
- ☐ 1 small shallots finely chopped
- ☐ 1 pound frangelico trimmed halved quartered
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ cutting board

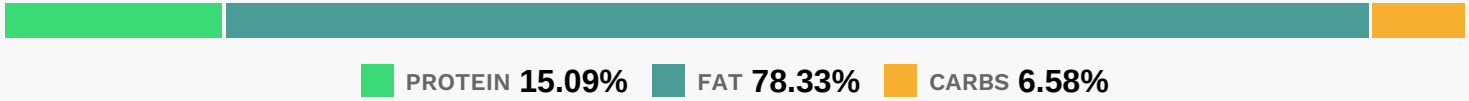
Directions

- ☐ Cook onions in a large saucepan of boiling salted water until tender, 5–8 minutes; drain and let cool. Trim root ends and peel.
- ☐ Preheat oven to 425°F. Season lamb with salt and black pepper.
- ☐ Heat 1 tablespoon oil in a 12" ovenproof skillet over medium–high heat. Cook lamb until browned, 5–8 minutes per side.
- ☐ Add onions and turnips to skillet, season with salt and black pepper, and toss to coat in pan drippings.
- ☐ Transfer skillet to oven and roast until vegetables are tender and browned and an instant–read thermometer inserted into the thickest part of lamb registers 125°F for medium–rare, 15–20 minutes.
- ☐ Transfer lamb to a cutting board; let rest 10 minutes.
- ☐ Meanwhile, coarsely chop cilantro and 2 cups mint.
- ☐ Place in a medium bowl; add shallot, garlic, lemon juice, Aleppo pepper, if using, 2 tablespoons vinegar, and remaining 1 cup oil. Season salsa verde with salt, black pepper, and more vinegar,

if desired.

- ☐
- Transfer vegetables to a medium bowl; toss with remaining 1/2 cup mint leaves and 1 tablespoon vinegar. Slice lamb between ribs and serve with vegetables and salsa verde.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:14.889999887218%

Flavonoids

Eriodictyol: 4.44mg, Eriodictyol: 4.44mg, Eriodictyol: 4.44mg, Eriodictyol: 4.44mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.57mg, Quercetin: 12.57mg, Quercetin: 12.57mg, Quercetin: 12.57mg

Nutrients (% of daily need)

Calories: 515.5kcal (25.77%), Fat: 44.71g (68.78%), Saturated Fat: 19.13g (119.55%), Carbohydrates: 8.44g (2.82%), Net Carbohydrates: 6g (2.18%), Sugar: 2.75g (3.06%), Cholesterol: 94.32mg (31.44%), Sodium: 279.93mg (12.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Vitamin B12: 2.59µg (43.23%), Vitamin B3: 7.95mg (39.76%), Selenium: 21.3µg (30.42%), Zinc: 3.66mg (24.43%), Phosphorus: 201.82mg (20.18%), Vitamin A: 882.5IU (17.65%), Vitamin B2: 0.3mg (17.5%), Iron: 2.77mg (15.37%), Manganese: 0.3mg (15.03%), Potassium: 434.71mg (12.42%), Vitamin B6: 0.25mg (12.4%), Vitamin C: 10.21mg (12.38%), Folate: 47.01µg (11.75%), Vitamin B1: 0.17mg (11.12%), Magnesium: 41.69mg (10.42%), Fiber: 2.45g (9.8%), Copper: 0.19mg (9.67%), Vitamin B5: 0.92mg (9.15%), Vitamin K: 8.2µg (7.81%), Calcium: 71mg (7.1%), Vitamin E: 0.73mg (4.88%)