



Rack of lamb with lentils & Jack-by-the-hedge sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 carrots finely chopped
- ☐ 1 onion finely chopped
- ☐ 1 celery stick finely chopped
- ☐ 1 thyme sprig
- ☐ 1 bay leaf
- ☐ 7 oz g/ puy lentils

- ☐ 500 ml fl oz chicken stock
- ☐ 2 lamb loins racks of trimmed
- ☐ 1 knob butter
- ☐ 1 tsp mustard english
- ☐ 1 leaves g/ 2oz jack-by-the-hedge wild washed
- ☐ 0.5 juice of lemon

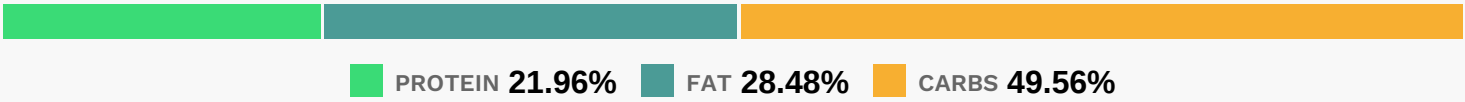
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat the oil in a saucepan.
- ☐ Add the carrot, onion, celery, thyme and bay leaf, and cook over a medium heat for 10 mins to soften.
- ☐ Add the lentils and fry gently for 1-2 mins.
- ☐ Add the stock, bring to the boil and cook, uncovered, for 20-25 mins until the lentils are cooked through and most of the stock has been absorbed.
- ☐ Meanwhile, cook the lamb.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the lamb in a roasting tin, season well and roast for 15-20 mins for rare to medium, 25 mins for well done. Leave to rest for 5 mins before carving into chops.
- ☐ While the lamb is resting, make the sauce.
- ☐ Put the Jack-by-the-hedge in a food processor and blitz while slowly trickling in the oil until it forms a pesto consistency.
- ☐ Add the lemon juice to taste, then season.
- ☐ Stir the butter, mustard and any juices from the lamb into the lentils and season to taste. Divide the lentils between warmed plates, top with the chops and drizzle with the sauce.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:10.160869496024%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 320.42kcal (16.02%), Fat: 9.97g (15.34%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 22.62g (8.22%), Sugar: 5.25g (5.83%), Cholesterol: 15.42mg (5.14%), Sodium: 337.29mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.61%), Fiber: 16.45g (65.78%), Vitamin A: 2701.63IU (54.03%), Iron: 4.16mg (23.11%), Vitamin B3: 2.23mg (11.15%), Vitamin C: 7.6mg (9.21%), Vitamin K: 9.29µg (8.85%), Vitamin B2: 0.13mg (7.61%), Vitamin B6: 0.14mg (6.85%), Potassium: 233.92mg (6.68%), Phosphorus: 50.6mg (5.06%), Calcium: 49.39mg (4.94%), Vitamin B1: 0.07mg (4.63%), Copper: 0.09mg (4.46%), Selenium: 3.11µg (4.45%), Folate: 16.05µg (4.01%), Vitamin E: 0.55mg (3.69%), Manganese: 0.07mg (3.27%), Magnesium: 10.72mg (2.68%), Zinc: 0.29mg (1.96%)