



Roast lamb studded with rosemary & garlic



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz leg of lamb
- ☐ 1 garlic
- ☐ 1 bunch rosemary
- ☐ 1 tbsp vegetable oil
- ☐ 2 carrots cut into large chunks
- ☐ 1 onion cut into quarters
- ☐ 150 ml red wine
- ☐ 1.2 l lamb stock

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ The first job is to stud the lamb with garlic and rosemary. Use a sharp pointed knife, make at least 30 small incisions all over the meat. Peel 4 garlic cloves, thinly slice them and prod a slice into each incision. Next, pull off small sprigs of rosemary and push into the incisions, too. If done in advance, cover the lamb well and refrigerate.
- ☐ Remove from the fridge 1 hr before roasting.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Heat a large frying pan, add a little oil and brown the lamb all over.
- ☐ Scatter the carrot, onion, remaining garlic and rosemary in a large roasting tin, pour in the wine and stock, then place the browned lamb in the tin.
- ☐ Roast for about 1 hr 45 mins. Turn the lamb halfway through so by the time its cooked, each side has been in the stock. When cooked, remove the lamb and allow to rest in a warm place covered in foil for about 30 mins.
- ☐ While the lamb is resting, make the gravy.
- ☐ Pour all the stock from the tin through a sieve into a saucepan to remove all the vegetables and herbs. This stock should be rich, slightly thick and have a great lamb flavour. Reduce it a little on the hob if you feel you want to concentrate the flavour, skimming off any fat that comes to the surface.
- ☐ Serve the lamb with the gravy, potatoes (see 'Goes well with'), leeks and butternut squash (see below).

Nutrition Facts



Properties

Glycemic Index:31.47, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:7.4282610416412%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 110.68kcal (5.53%), Fat: 3.46g (5.32%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.9g (2.11%), Cholesterol: 15.24mg (5.08%), Sodium: 309.16mg (13.44%), Alcohol: 2.69g (100%), Alcohol %: 1.17% (100%), Protein: 8.72g (17.45%), Vitamin A: 3408.23IU (68.16%), Vitamin B12: 0.64µg (10.72%), Vitamin B3: 1.77mg (8.84%), Selenium: 5.85µg (8.35%), Zinc: 1.05mg (6.98%), Vitamin K: 7.04µg (6.7%), Phosphorus: 65.22mg (6.52%), Vitamin B6: 0.12mg (5.85%), Potassium: 198.05mg (5.66%), Manganese: 0.11mg (5.33%), Vitamin B2: 0.09mg (5.07%), Iron: 0.76mg (4.2%), Fiber: 1.03g (4.13%), Vitamin B1: 0.06mg (3.94%), Magnesium: 14.6mg (3.65%), Vitamin C: 2.92mg (3.53%), Folate: 14.12µg (3.53%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.6%), Vitamin E: 0.38mg (2.51%), Calcium: 19.56mg (1.96%)