



Roast lamb with avgolemono sauce

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leg of lamb
- ☐ 2 tbsp dijon mustard
- ☐ 1 tsp flour plain
- ☐ 1 tsp cornstarch
- ☐ 4 egg yolk
- ☐ 2 juice of lemon
- ☐ 300 ml chicken stock see hot
- ☐ 4 spring onion finely sliced

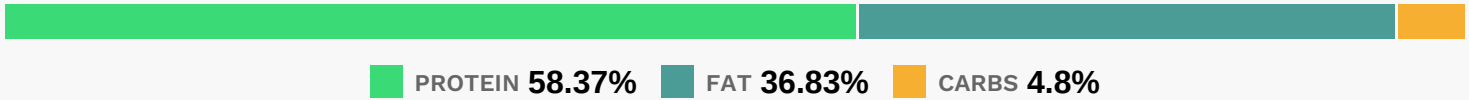
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Set the leg of lamb into a roasting tin. Season with a little salt and plenty of black pepper. In a bowl, mix together the mustard and plain flour to a smooth paste.
- ☐ Spread it all over the lamb. Roast for 20 mins, then reduce the heat to 160C/fan 140C/gas 3 and cook for a further 1 hr 20 mins.
- ☐ Remove the lamb from the oven and leave to stand, covered in foil, for 15 mins.
- ☐ For the sauce, mix together 2 tbsp cold water and the cornflour to make a smooth paste. Beat together the egg yolks and lemon juice in a small saucepan and add 2-3 tbsp of the hot stock, whisking well. Stir in the cornflour paste and heat gently.
- ☐ Pour over the rest of the stock, then over a low heat stirring constantly, cook for 7-10 mins until the sauce has thickened. Do not boil.
- ☐ Add the spring onions, adjust the seasoning to taste, and serve hot with thin slices of the lamb.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:28.637391582779%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg,

Naringenin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 371.88kcal (18.59%), Fat: 14.74g (22.67%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.86g (1.4%), Sugar: 1.38g (1.53%), Cholesterol: 283.46mg (94.49%), Sodium: 282.29mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.56g (105.11%), Vitamin B12: 6.66µg (111.02%), Selenium: 65.65µg (93.79%), Vitamin B3: 15.73mg (78.66%), Zinc: 9.56mg (63.72%), Phosphorus: 529.47mg (52.95%), Vitamin B2: 0.71mg (42.02%), Iron: 4.99mg (27.72%), Vitamin B1: 0.39mg (26.07%), Vitamin B6: 0.49mg (24.53%), Potassium: 794.51mg (22.7%), Vitamin B5: 2.11mg (21.08%), Folate: 82.88µg (20.72%), Magnesium: 71.58mg (17.9%), Copper: 0.35mg (17.46%), Vitamin K: 16.82µg (16.02%), Vitamin C: 5.5mg (6.66%), Vitamin E: 0.93mg (6.17%), Vitamin A: 258.47IU (5.17%), Manganese: 0.1mg (5.05%), Vitamin D: 0.65µg (4.32%), Calcium: 40.85mg (4.09%), Fiber: 0.47g (1.86%)