



Roasted lamb rumps with crushed Niçoise potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



443 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 head garlic with fat cloves
- ☐ 150 ml olive oil
- ☐ 5 sprigs thyme leaves
- ☐ 600 g baby potatoes
- ☐ 2 sprigs mint leaves
- ☐ 2 tbsp caper
- ☐ 3 fillet anchovy roughly chopped

- ☐ 25 g olive black pitted roughly chopped
- ☐ 1 small bunch chervil
- ☐ 4 rumps of lamb
- ☐ 8 sprigs rosemary

Equipment

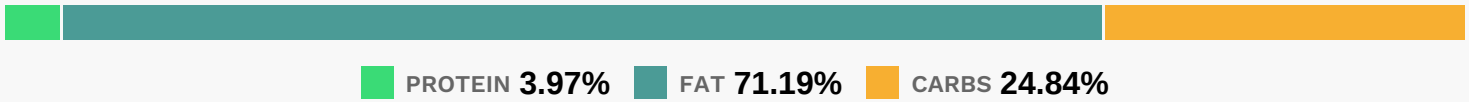
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ First of all confit the garlic.
- ☐ Heat the oven to 190C/fan 170C/ gas
- ☐ Separate and peel the cloves. An easy way to do this is by putting each clove flat on a board, place a large, heavy knife flat on top and smash down with your clenched fist. This loosens the skin. Then trim the root ends.
- ☐ Heat 4 tbsp olive oil in a small frying pan, cook the garlic until golden brown, then transfer to a small roasting dish, add some salt and 1 sprig of thyme and roast in the oven for about 10 mins until softened.
- ☐ Remove and cool; leave the oven on to roast the meat.
- ☐ Bring a large pan of salted water to the boil. Tip in the potatoes and mint and leave to simmer for 15 mins until the potatoes are just tender.
- ☐ Drain and discard the mint. Leave to stand for 10 mins until potatoes are cool enough to handle, then, using a small, sharp knife, peel off the skin.
- ☐ Return the potatoes to the pan and, using a large fork, roughly crush.
- ☐ Mix in about 3 tbsp olive oil, the capers, chopped anchovies, olives and 3–4 confit garlic cloves. Crush again with the fork. Chop the chervil or parsley and mix in along with some seasoning. Set aside and keep warm.
- ☐ Trim any excess fat from the top layer of lamb, leaving a little on for cooking. Score the top in a criss-cross using a sharp knife. Season well.

- ☐
- Heat a heavy based non-stick pan until very hot, add 2 tbsp of oil, then cook the lamb, fat-side down. Saut well and turn on all four sides until nicely browned all over (about 4 mins)then remove from pan.
- ☐
- Arrange the remaining thyme and the rosemary in a roasting tray (or into the frying pan if it is ovenproof) to make 4 piles.
- ☐
- Place a piece of lamb on top of each one. Roast in the oven for 15-20 mins until cooked to medium, then let the meat rest for 5 mins.
- ☐
- To serve, spoon a portion of potato onto each plate. Arrange the tomatoes, courgettes and beans around it or just a simple salad, if you prefer. Slice the lamb on the diagonal, fan out on top, then drizzle with any meat juices. Top each piece of lamb with some more confit garlic.

Nutrition Facts



Properties

Glycemic Index:57.69, Glycemic Load:19.41, Inflammation Score:-9, Nutrition Score:18.08217393615%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 30.79mg, Apigenin: 30.79mg, Apigenin: 30.79mg, Apigenin: 30.79mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 443.04kcal (22.15%), Fat: 35.95g (55.3%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 23.73g (8.63%), Sugar: 1.35g (1.5%), Cholesterol: 2.53mg (0.84%), Sodium: 239mg (10.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin K: 258.7µg (246.38%), Vitamin C: 50.97mg (61.78%), Vitamin E: 5.37mg (35.79%), Vitamin A: 1322.7IU (26.45%), Vitamin B6: 0.47mg (23.66%), Manganese: 0.44mg (21.97%), Potassium: 743.76mg (21.25%), Fiber: 4.5g (18%), Iron: 2.79mg (15.51%), Folate: 49.1µg (12.27%), Magnesium: 48.66mg (12.16%), Vitamin B3: 2.33mg (11.64%), Copper: 0.22mg (11.24%), Phosphorus: 103.32mg (10.33%), Vitamin B1: 0.14mg (9.3%), Calcium: 57.96mg (5.8%), Vitamin B5: 0.54mg (5.38%), Vitamin B2: 0.09mg (5.1%), Zinc: 0.73mg (4.87%), Selenium: 1.88µg (2.69%)