Roasted Lamb with Pomegranate-Tamarind Sauce

Dairy Free Very Healthy

READY IN	SERVINGS	CALORIES
90 min.	4	682 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 4 pasilla chiles stemmed deveined seeded
- [ ] 1.5 pound lamb loin fillet boneless
- [ ] 1.3 cups chicken stock see low-sodium store-bought fine is
- [ ] 1 tablespoon olive oil
- [ ] 3 tablespoons olive oil
- [ ] 4 plum tomatoes cored halved lengthwise
- [ ] 1 cup pomegranate juice such as pom brand

- [ ] 4 servings pomegranate seeds fresh for garnish
- [ ] 4 servings salt and pepper freshly ground
- [ ] 3 tablespoons sugar
- [ ] 1.5 cups strained tamarind pulp
- [ ] 1 large onion white quartered
- [ ] 10 cloves garlic whole peeled

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] sauce pan
- [ ] blender
- [ ] cutting board

Directions

- [ ] Combine the sugar, juice, stock, and Tamarind-Pasilla Paste in a heavy medium saucepan over medium heat. Cook and stir until the sugar dissolves. Then increase the heat so the mixture simmers. Cook, stirring often, until the liquid has thickened and reduces to a little less than 1 cup, about 20 minutes. Turn the heat to very low and keep the sauce warm while you cook the lamb.
- [ ] While the sauce is cooking, heat a large ovenproof skillet over medium-high heat.
- [ ] Drizzle the lamb with the olive oil, sprinkle generously with salt and place in the skillet. Cook on each side for 5 minutes.
- [ ] Transfer to a cutting board and let rest for 3 minutes.
- [ ] Cut the lamb crosswise into 1/2-inch-thick slices.
- [ ] Put the slices on the plates and spoon on the sauce.
- [ ] Sprinkle with the pomegranate seeds and serve right away.
- [ ] Bring 1 cup water to a boil in a small saucepan. Line a plate with paper towels.

- [ ] Heat 2 tablespoons of the olive oil in a medium skillet over medium-high heat until it beginsto dance.
- [ ] Add the pasillas and fry on both sides until they're puffed up, about 15 seconds total.
- [ ] Transfer the chiles to the paper towels to drain.
- [ ] Put them in a small bowl, pour in the boiling water and let them soak until their soft, about 15 minutes.
- [ ] Drain the chiles and reserve them and the soaking liquid separately.
- [ ] Discard the oil and wipe the skillet clean. Set it back over medium-high heat. In a large bowl, toss the garlic, tomatoes and onions with the remaining 1 tablespoon oil. Season with salt and pepper, toss gently and put them in the hot skillet. Cook until they're charred with visible black spots, about 7 minutes on each side.
- [ ] Transfer the vegetables to a clean bowl and let them cool to room temperature.
- [ ] Put the tamarind pulp, chiles, 1/2 cup of the soaking liquid and the roasted vegetables in a blender or food processor and blend until smooth.
- [ ] Store it in an airtight container in the refrigerator for up to a week or in the freezer up to a month.

Nutrition Facts

PROTEIN **23.86%** FAT **33.74%** CARBS **42.4%**

Properties

Glycemic Index:85.52, Glycemic Load:35.23, Inflammation Score:-9, Nutrition Score:36.693913335386%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 682.16kcal (34.11%), Fat: 26.44g (40.68%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 74.76g (24.92%), Net Carbohydrates: 66.71g (24.26%), Sugar: 51.98g (57.76%), Cholesterol: 112.26mg (37.42%), Sodium: 362.69mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.07g (84.15%), Vitamin C: 88.79mg (107.62%), Vitamin B3: 14.38mg (71.9%), Vitamin B12: 3.83µg (63.88%), Selenium: 42.88µg (61.26%), Phosphorus: 490.91mg (49.09%), Potassium: 1531.05mg (43.74%), Zinc: 6.28mg (41.87%), Vitamin B6: 0.83mg (41.58%), Vitamin K: 41.91µg (39.91%), Vitamin B1: 0.57mg (37.93%), Vitamin B2: 0.61mg (35.75%), Iron: 5.91mg (32.83%), Fiber: 8.05g (32.21%), Magnesium: 125.66mg (31.42%), Folate: 122.12µg (30.53%), Copper: 0.58mg (28.85%), Manganese: 0.53mg (26.65%), Vitamin E: 3.8mg (25.34%), Vitamin B5: 1.93mg (19.29%), Vitamin A: 959.78IU (19.2%), Calcium: 107.26mg (10.73%)