



Slow-roast Persian lamb with pomegranate salad



Dairy Free



Popular

READY IN



230 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp pomegranate molasses
- ☐ 1 tsp ground cumin
- ☐ 1 juice of lemon
- ☐ 1 tbsp olive oil
- ☐ 2 garlic cloves minced
- ☐ 1 onion roughly chopped
- ☐ 1 shoulder of lamb

- ☐ 2 seeds pomegranates
- ☐ 1 handful flat-leaf parsley leaves
- ☐ 100 g watercress
- ☐ 1 small onion diced red finely
- ☐ 6 servings flatbreads

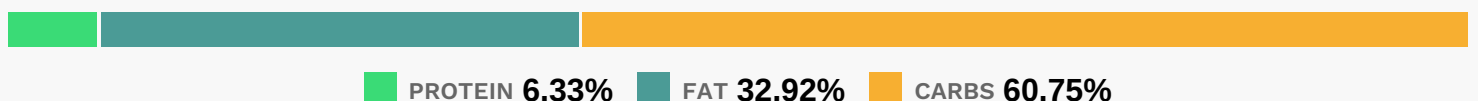
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ In a small bowl, mix the molasses with the cumin, lemon juice, olive oil and garlic. Scatter the onion over a casserole dish or a deep roasting tin.
- ☐ Place the lamb on top of the onions.
- ☐ Pour the glaze over the lamb. Rinse the bowl out with about 200ml water, then pour it around not over the lamb.
- ☐ Cover the dish with a lid or the tin with a large piece of foil. Roast the lamb, undisturbed, for 3 hrs, then remove the lid or foil and continue to roast for 30 mins to give the lamb colour. When the lamb has had its time, pour off the juices, remove as much fat as possible, then pour the juices back over the lamb.
- ☐ Just before serving, gently toss all the salad ingredients together.
- ☐ Serve the lamb with its sauce, the salad and some warmed flatbreads.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:5.4804347601274%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 72.71kcal (3.64%), Fat: 2.67g (4.11%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.44g (7.15%), Cholesterol: 0.11mg (0.04%), Sodium: 13.82mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin K: 54.2µg (51.62%), Vitamin C: 13.04mg (15.81%), Vitamin A: 593.35IU (11.87%), Manganese: 0.13mg (6.75%), Vitamin B6: 0.09mg (4.26%), Potassium: 129.55mg (3.7%), Vitamin E: 0.54mg (3.61%), Fiber: 0.89g (3.57%), Calcium: 34.76mg (3.48%), Vitamin B1: 0.04mg (2.75%), Folate: 10.93µg (2.73%), Phosphorus: 26.72mg (2.67%), Magnesium: 10mg (2.5%), Iron: 0.44mg (2.45%), Vitamin B2: 0.03mg (2.04%), Copper: 0.04mg (1.89%), Selenium: 0.98µg (1.39%), Vitamin B5: 0.12mg (1.21%)