



Slow-Roasted Lamb Shoulder with Almond-Mint Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic smashed
- ☐ 2.5 pound lamb shoulder roasts
- ☐ 8 servings lemon wedges for serving
- ☐ 2 cups mint leaves
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 8 servings salt and pepper freshly ground

- ☐ 3 ounces slivered almonds

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Season the lamb roasts generously with salt and pepper, wrap in plastic and refrigerate overnight. Bring the roasts to room temperature before cooking.
- ☐ Preheat the oven to 32
- ☐ In a food processor, pulse the almonds with the garlic until finely chopped.
- ☐ Add the mint leaves, cheese and 3/4 cup of the oil and process until smooth. Season the pesto with salt.
- ☐ In a large skillet, heat the remaining 2 tablespoons of olive oil until shimmering.
- ☐ Add the roasts and cook over high heat, turning, until browned all over, about 10 minutes.
- ☐ Transfer the roasts to a large roasting pan and spread half of the pesto over them. Cover tightly with foil and roast for about 2 hours, until an instant-read thermometer inserted in the center of each roast registers 17
- ☐ Remove the foil, increase the oven temperature to 425 and roast for 30 minutes longer, until browned on top.
- ☐ Transfer the lamb to a cutting board and let rest for 10 minutes.
- ☐ Remove the strings and carve each roast into 1/2-inch-thick slices.
- ☐ Serve with the remaining pesto and lemon wedges.

Nutrition Facts



 **PROTEIN 36.42%**  **FAT 56.38%**  **CARBS 7.2%**

Properties

Glycemic Index:11.56, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:15.022173947938%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 236.21kcal (11.81%), Fat: 14.92g (22.95%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.52g (0.57%), Cholesterol: 59.28mg (19.76%), Sodium: 309.23mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Vitamin B12: 2.42µg (40.36%), Selenium: 21.47µg (30.67%), Vitamin B3: 5.95mg (29.73%), Zinc: 4.25mg (28.36%), Phosphorus: 247.87mg (24.79%), Vitamin E: 3.51mg (23.4%), Vitamin B2: 0.37mg (21.62%), Manganese: 0.4mg (20.22%), Magnesium: 61.58mg (15.4%), Iron: 2.58mg (14.34%), Copper: 0.25mg (12.64%), Potassium: 404.07mg (11.54%), Calcium: 104.75mg (10.48%), Vitamin A: 502.67IU (10.05%), Folate: 39.27µg (9.82%), Vitamin B1: 0.14mg (9.37%), Fiber: 2.26g (9.06%), Vitamin B6: 0.17mg (8.57%), Vitamin B5: 0.75mg (7.49%), Vitamin C: 4.22mg (5.12%), Vitamin K: 2.5µg (2.38%)