



HEALTH SCORE

87%

Slow-Roasted Leg of Lamb with Spring Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



420 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 fillet anchovy chopped



16 baby artichokes trimmed to 1 in.



0.3 cup capers divided



0.5 cup red wine such as a viognier or rhône blend



0.8 cup olive green pitted



8 servings salt and pepper



7 lbs leg of lamb bone-in fat trimmed thin

- ☐ 0.7 cup olive oil extra virgin extra-virgin divided
- ☐ 3 tablespoons oregano fresh divided chopped
- ☐ 16 large shallots
- ☐ 14 sprigs thyme leaves divided
- ☐ 2 bunches carrots thin

Equipment

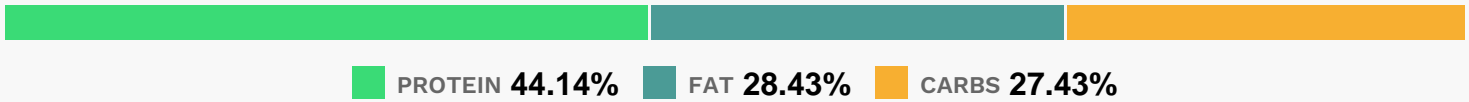
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ baster

Directions

- ☐ Preheat oven to 25
- ☐ Put lamb in a large (12- by 16-in.) roasting pan with fold-down handles (upright handles will make it hard to seal tightly with foil). Make several shallow slashes all over meat. Put anchovies, olives, 1 1/2 tbsp. capers, and 1 tbsp. oregano in a food processor with 1/3 cup oil and whirl into a paste. Slather paste all over lamb.
- ☐ Pour wine into pan and cover tightly with foil to seal. Roast lamb 4 hours.
- ☐ Meanwhile, trim artichokes: Snap off more than half of leaves (down to the yellow layer), then slice off green tips of remaining leaves and peel fibrous surface from stems. Peel shallots and separate into lobes. Scrub carrots and trim stems to 1 in.
- ☐ Transfer about 1/2 cup juices from lamb to another roasting pan, using a bulb baster. Divide artichokes, shallots, and about half of thyme sprigs between pans, arranging in a single layer.
- ☐ Add 1/2 cup water to pan of vegetables, season with salt and pepper, and seal both pans tightly with foil.

- ☐ Roast vegetables and lamb 1 hour; then add carrots to pans and reseal tightly. Roast until vegetables and lamb are fork-tender and lamb is pulling away from the bone, 1 1/2 to 2 1/2 hours more.
- ☐ Remove both pans from oven and increase heat to 45
- ☐ Transfer juices from lamb and vegetables to a bowl, using bulb baster.
- ☐ Drizzle pans of lamb and vegetables with remaining 1/3 cup oil and roast, uncovered, until crisp and browned, about 30 minutes.
- ☐ Stir remaining capers and oregano into vegetables, dividing between pans, and sprinkle with remaining thyme.
- ☐ Let meat rest 20 minutes.
- ☐ Spoon fat off juices, then pure juices in a blender with 4 shallots.
- ☐ Pour sauce into a large frying pan and boil until deep brown, 5 to 6 minutes.
- ☐ Pour into a serving bowl.
- ☐ Set pan of lamb and vegetables on table, with extra vegetables and sauce on the side. Slice meat across the grain or pull off with a serving fork.
- ☐ *If packed in salt, soak in water 10 to 15 minutes, then drain.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:41.259999814241%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 540.26kcal (27.01%), Fat: 17.32g (26.65%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 22.8g (8.29%), Sugar: 11.28g (12.54%), Cholesterol: 161.23mg (53.74%), Sodium: 978.21mg (42.53%), Alcohol: 1.59g (100%), Alcohol %: 0.33% (100%), Protein: 60.51g (121.02%), Vitamin A: 15893.82IU (317.88%), Vitamin B12: 6.76µg (112.73%), Selenium: 60.47µg (86.38%), Vitamin B3: 17.01mg (85.06%), Zinc: 10.17mg (67.77%), Fiber: 14.79g (59.18%), Phosphorus: 554.95mg (55.49%), Iron: 9.43mg (52.39%), Vitamin B2: 0.72mg (42.4%), Vitamin B6: 0.76mg (37.86%), Potassium: 1230.2mg (35.15%), Vitamin B1: 0.45mg (29.72%), Vitamin K: 27.03µg (25.74%), Magnesium: 101.9mg (25.47%), Folate: 97.86µg (24.46%), Manganese: 0.48mg (23.86%), Copper: 0.46mg (23.03%), Vitamin B5: 2.22mg (22.24%), Vitamin C: 15.49mg (18.78%), Calcium: 171.15mg (17.11%), Vitamin E: 2.53mg (16.89%)