



HEALTH SCORE

84%

Spiced roast lamb



Gluten Free



Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 kg leg of lamb
- ☐ 150 g natural whole-milk yogurt
- ☐ 1 thumb-sized piece ginger finely grated
- ☐ 3 large garlic cloves crushed
- ☐ 1 tbsp tomato purée
- ☐ 0.5 juice of lime
- ☐ 1 tsp ground cumin
- ☐ 1 tsp turmeric

- ☐ 1 tsp chilli flakes crushed
- ☐ 1 tsp fennel seed crushed
- ☐ 1 handful coriander finely chopped

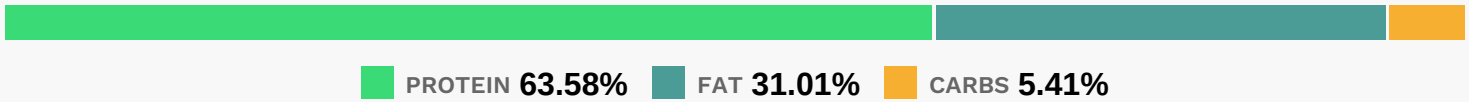
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together the marinade ingredients and season with tsp ground black pepper and 1 tsp flaky salt. Slash the lamb several times on both sides, then massage the marinade all over it. Seal into a large food bag or non-metallic container and chill overnight (or at least for a few hrs).
- ☐ Let the lamb sit at room temperature for 1 hr before roasting.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the lamb into a foil-lined roasting tin and roast for 20 mins. Turn the oven down to 190C/170C fan/gas 5 and roast for 1 hr 20 mins for meat thats pink near the bone. Cover loosely with foil halfway through cooking or once the marinade has charred and the meat looks golden.
- ☐ Leave the lamb to rest for 20 mins before carving, then serve with lentil & tomato and cucumber salads (see related recipes).

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:33.613913048869%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin:

0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 438.6kcal (21.93%), Fat: 14.63g (22.5%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.99g (1.82%), Sugar: 3.26g (3.62%), Cholesterol: 202.35mg (67.45%), Sodium: 236.13mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.47g (134.94%), Vitamin B12: 8.73µg (145.56%), Selenium: 75.9µg (108.43%), Vitamin B3: 19.91mg (99.57%), Zinc: 12.6mg (84.01%), Phosphorus: 681.37mg (68.14%), Vitamin B2: 0.89mg (52.53%), Iron: 6.65mg (36.93%), Vitamin B1: 0.47mg (31.59%), Potassium: 1090.46mg (31.16%), Vitamin B6: 0.62mg (30.95%), Vitamin B5: 2.56mg (25.58%), Magnesium: 100.53mg (25.13%), Copper: 0.45mg (22.3%), Folate: 79.05µg (19.76%), Manganese: 0.23mg (11.59%), Calcium: 113.08mg (11.31%), Vitamin E: 1.04mg (6.91%), Vitamin A: 247.86IU (4.96%), Vitamin C: 3.24mg (3.92%), Vitamin K: 4µg (3.81%), Fiber: 0.74g (2.97%)