



WHATSHEATE



HEALTH SCORE

68%

Stuffed Leg of Lamb



Very Healthy

READY IN



85 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

Ingredients



1 teaspoon thyme leaves dried



1 teaspoon fennel seeds



1 cup flour all-purpose



6 ounces goat cheese



1 tablespoon ground pepper black



5 pound leg of lamb boneless



2 teaspoons pinenuts



1 tablespoon salt

- ☐ 8 servings salt and pepper black to taste
- ☐ 1 tablespoon sesame oil
- ☐ 10 ounce spinach leaves fresh
- ☐ 8 servings kitchen twine
- ☐ 8 servings kitchen twine

Equipment

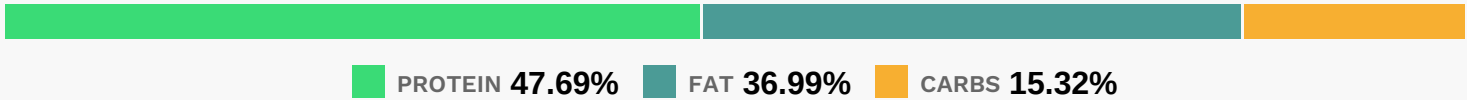
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Remove plastic netting or twine from around the leg of lamb, if any, and open up the roast on a cutting board.
- ☐ Place the boned side of the roast up. With a sharp paring knife, cut away any excess fatty areas. Use a sharp knife to cut 1/2-inch deep slits in the meat about 2 inches apart, to help the meat lie flat. Cover the meat with a sturdy piece of plastic wrap or a cut-apart food storage bag, and pound the meat with a mallet or the edge of a small plate until the roast is about 3/4 inch thick everywhere, and 10 to 14 inches square.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Sprinkle the upper side of the meat with salt and pepper, and then spread spinach leaves over the top of the roast to within 1/2 inch of the edges. Break up the goat cheese and sprinkle it evenly over the spinach, then sprinkle the pine nuts over the cheese.
- ☐ Roll the roast up into a tight cylinder, and tie the roast together with kitchen twine at 2 inch intervals. It's okay if a little stuffing protrudes from the sides of the roast.
- ☐ In a flat dish, mix together the flour, 1 tablespoon of salt, 1 tablespoon of pepper, the thyme, and the fennel seeds, and press the tied roast firmly into the flour mixture to coat all sides.

- ☐
- Heat the sesame oil in a heavy oven-proof or cast-iron skillet over medium-high heat until the oil shimmers, and sear all sides of the roast, including the ends, to a golden brown color.
- ☐
- Lay the roast into the skillet, place into the preheated oven, and roast to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 40 minutes.
- ☐
- Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:8.88, Inflammation Score:-10, Nutrition Score:34.085652053356%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 371.69kcal (18.58%), Fat: 14.99g (23.06%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.41g (4.51%), Sugar: 0.41g (0.45%), Cholesterol: 124.09mg (41.36%), Sodium: 1283.58mg (55.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Vitamin K: 175.47µg (167.11%), Vitamin B12: 4.86µg (81.04%), Vitamin A: 3551.89IU (71.04%), Selenium: 48.27µg (68.95%), Vitamin B3: 12.45mg (62.25%), Zinc: 7.41mg (49.41%), Phosphorus: 438.9mg (43.89%), Vitamin B2: 0.68mg (39.73%), Folate: 141.61µg (35.4%), Manganese: 0.66mg (32.86%), Iron: 5.65mg (31.39%), Vitamin B1: 0.42mg (27.97%), Copper: 0.47mg (23.52%), Vitamin B6: 0.44mg (21.86%), Magnesium: 86.86mg (21.71%), Potassium: 754.57mg (21.56%), Vitamin B5: 1.53mg (15.34%), Vitamin C: 10.08mg (12.21%), Calcium: 87.32mg (8.73%), Vitamin E: 1.25mg (8.32%), Fiber: 1.56g (6.22%)