



HEALTH SCORE

81%

Warm salad of spring vegetables with griddled lamb



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch asparagus trimmed sliced
- ☐ 140 g pea-mond dressing frozen podded fine
- ☐ 140 g avarakkai / broad beans frozen podded fine
- ☐ 3 tomatoes
- ☐ 6 tbsp olive oil
- ☐ 1 tbsp coriander seeds
- ☐ 2 tbsp red wine vinegar

- ☐ 1 handful tarragon
- ☐ 1 handful mint leaves
- ☐ 6 large to lamb shoulder blade chops

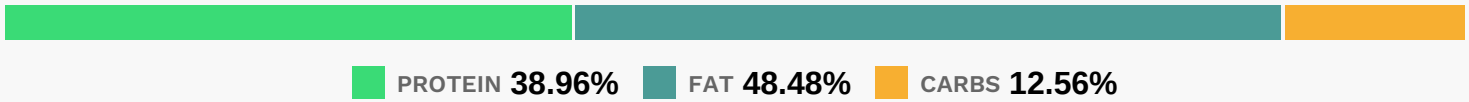
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Get a bowl of iced water at the ready and bring a large pan of salted water to the boil. Cook the asparagus in the water for 3 mins, then scoop into the iced water with a slotted spoon. Cook the peas for 2 mins, then place in the iced water. Cook the broad beans for another 2 mins, pop into the iced water, then remove them from their skins.
- ☐ Cut a cross in the bottom of each tomato, then blanch in boiling water for about 10 secs before placing in iced water. Peel, quarter and deseed the tomatoes and cut the flesh into small chunks.
- ☐ Heat the oil and coriander seeds gently in a small saucepan, then take off the heat and stir through all the veg and the vinegar. Season with salt and pepper, and stir through the tarragon and mint.
- ☐ Heat a large griddle pan or barbecue. Season the lamb with salt and pepper, and cook for 4 mins on each side for medium, or 6 mins for well done.
- ☐ Serve each lamb chop with the vegetable dressing.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:30.597391190736%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 491.39kcal (24.57%), Fat: 26.4g (40.61%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 9.88g (3.59%), Sugar: 4.22g (4.69%), Cholesterol: 128.6mg (42.87%), Sodium: 107.81mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.74g (95.48%), Vitamin B12: 4.83µg (80.44%), Zinc: 8.98mg (59.89%), Vitamin B3: 10.09mg (50.43%), Phosphorus: 482.72mg (48.27%), Vitamin B2: 0.79mg (46.64%), Vitamin K: 45.56µg (43.39%), Vitamin B6: 0.86mg (42.92%), Iron: 6.78mg (37.69%), Folate: 122.24µg (30.56%), Copper: 0.57mg (28.73%), Potassium: 981.72mg (28.05%), Selenium: 19.48µg (27.83%), Vitamin B1: 0.41mg (27.13%), Manganese: 0.46mg (22.98%), Vitamin A: 1121.61IU (22.43%), Fiber: 5.5g (22.02%), Vitamin E: 3.27mg (21.77%), Magnesium: 83.06mg (20.77%), Vitamin B5: 1.89mg (18.93%), Vitamin C: 13.28mg (16.1%), Calcium: 67.68mg (6.77%)