



Herbed Mediterranean Lamb with Arugula and Olives

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 6

Nutrition Information Per Serving

327.7 calories, 7.92 g carbohydrate, 3.4 g fiber, 4.52 g NET carbs, 25.33 g protein, 22.84 g fat

Ingredients

- 4 clove(s) organic garlic, pressed
- 1 tsp dried oregano
- 1 1/2 tsp(s) sea salt
- 2 whole(s) organic lemons, cut into wedges
- 1/2 tsp(s) freshly ground black pepper
- 6 ounce(s) organic arugula
- 24 ounce(s) grass-fed lamb loin
- 1 tsp dried rosemary
- 4 Tbsp(s) avocado oil
- 2 Tbsp(s) extra virgin olive oil
- 3 Tbsp(s) organic red wine vinegar
- 1 1/2 cup(s) kalamata olives

Preparation

1. Cut lamb vertically into slices about 1/2-inch thick. Place one slice between 2 sheets of parchment paper or cellophane. Using a mallet, or rolling pin, gently pound lamb until about 1/4-inch thick. Transfer lamb to large glass or ceramic baking dish and repeat with remaining lamb slices.
2. Place lamb in a large glass dish or large zip-top bag.
3. In a small nonreactive bowl, add the oil, vinegar, garlic, salt, pepper and herbs. Pour mixture over lamb. Cover or seal and refrigerate to marinate (up to 1 day).
4. Spray grill or grill pan with nonstick spray and heat to medium-high heat. Place each lamb piece on the preheated grill and cook to desired doneness, turning occasionally, about 10 minutes for medium-rare. Transfer cooked pieces to a platter and cover to keep warm.
5. Toss arugula with olives and olive oil in large bowl. Arrange arugula on large platter as bed for lamb.
6. Place cooked lamb over arugula; serve with lemon wedges.

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