

Spiced Slow-cooked Lamb and 3 Simple Meal Ideas

Hands-on 15 minutes Overall 3 hours

Nutritional values (per serving): Total carbs: 7.5 g, Fiber: 1.4 g, **Net carbs: 6.1 g**,

Protein: 46.5 g, Fat: 38.4 g, Calories: 574 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

1 lamb leg, whole (~ 2 kg / 4.4 lb / 70 oz), this will yield about 50% meat

1/4 cup balsamic vinegar (60 ml / 2 fl oz)

1/4 cup strawberry vinegar (recipe for my [Home-made Fruit Vinegar](#) or any sugar free fruit vinegar (60 ml / 2 fl oz)

4 cloves black aged garlic (or fresh white garlic)

1-2 sprigs fresh rosemary

4 heads small lettuce (400 g / 14.2 oz)

1/2 tsp salt or to taste (I used [pink Himalayan](#))

2-3 cups water

Note: Weight of the lamb leg includes bones. A 2 kg leg will yield about 1 kg of meat. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 150 °C / 300 °F. Peel the garlic and slice it into smaller pieces. *Note: Black garlic is aged white garlic and you can find it in most large grocery stores. It's sweet and has similar taste like balsamic vinegar. If you can't find black garlic, use freshly sliced white garlic.*
2. Place the lamb leg into a baking dish. Add balsamic vinegar, fruit vinegar, sliced garlic and rosemary. Season with salt and add water. Cover with a lid and place the lamb in the oven for about 2 hours. *Note: The timing is simple. You should add at least 30 minutes for every 500 g / 1.1 lb / 17.6 oz of lamb leg.*
3. After 2 hours, take the lid off and increase the temperature to 200 °C / 400 °F. Cook for another 30-45 minutes.
4. When done, carefully remove from the oven and let it cool down for a few minutes. When the meat is still warm, shred it with a fork. Pour the meat sauce over the shredded meat. Place it back in the oven if it needs reheating.
5. Separate the lettuce leaves. Wash and place them into a salad

spinner or simply tap off the excess water using a paper towel.

Top with the shredded meat mixture.

Enjoy and let me know what you think :-)

Suggestions

Leftover slow-cooked lamb goes great with omelets and you can make fabulous low-carb breakfast!

Ingredients (per serving):

3 eggs, free-range or organic

1 tbsp butter or ghee

salt to taste

1/2 serving of Spiced Slow-cooked Lamb

Nutritional values (per serving)

Total Carbs3.6grams Fiber0.2grams Net Carbs3.4grams

Protein41.9grams Fat44.8grams of which Saturated21.1grams

Energy (calories)597kcal

Potassium603mg

It's also a great snack when served over sweet peppers...

Ingredients (per serving):

1 medium sweet red pepper (120 g / 16.8 oz)

1/2 serving of Spiced Slow-cooked Lamb

Nutritional values (per serving)

Total Carbs9.7grams Fiber2.7grams Net Carbs7grams

Protein24.1grams Fat19.4grams of which Saturated9.2grams

Energy (calories)318kcal

Potassium644mg

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