

Slow-roast Persian lamb with pomegranate salad

Yield: 6 min
Total Time: 230 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lamb-recipe>

Ingredients:

- 4 tablespoons pomegranate molasses
- 1 teaspoon ground cumin
- 1 lemon
- 1 tablespoon olive oil
- 2 garlic cloves minced
- 1 onion roughly chopped
- 1 lamb shoulder of, weighing about 1.6kg, lightly scored
- 2 pomegranates
- 1 handful parsley leaves flat-leaf
- 2 15/16 cups watercress
- 1 red onion small, finely diced
- 1 tablespoon olive oil
- flatbreads to serve

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 39 grams
3. Fat: 6 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 65 milligrams
8. Sugar: 22 grams

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