GREEK · DINNER

Arni Fricassee (Greek Lamb with Lettuce and Avgolemono)

Αρνάκι Φρικασέ

110 min · Serves 4 · 943 kcal a serve · Video 7:57 in Greek · Sotiris Evaggelou

Gluten-free ingredients · Dairy-free · Nut-free

62 g protein and 13 g net carbs a serve: lamb braised with three heads of lettuce, spring onions and herbs and thickened with egg and lemon instead of flour, giving 9 g fibre and more than a day's vitamin K and A.

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Ingredients 14 · SERVES 4

- [ ] 1.5 kg **lamb leg** on the bone (about 1.15 kg meat), cut into portions
- [ ] 120 ml **olive oil**
- [ ] **salt**, to taste
- [ ] **freshly ground black pepper**
- [ ] 1 **bay leaf**
- [ ] 3 cloves **garlic**, finely chopped
- [ ] 1 **brown onion**, finely chopped
- [ ] 2 bunches **spring onions**, sliced (some green tops kept for later)
- [ ] 1 bunch **parsley**, chopped
- [ ] 1 bunch **dill**, chopped
- [ ] **dry white wine**, 1 small glass (about 100 ml)
- [ ] 3 large cos (romaine) lettuces, coarsely chopped
- [ ] 2 **egg yolks**
- [ ] **Lemon juice**: juice of 2 lemons

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a wide pot over medium heat, add the lamb pieces with salt and pepper and brown them well on one side, then turn and brown the other side. 0:40
2. Add the bay leaf, garlic and onion and let the onion soften in the oil, then stir in the spring onions and most of the parsley and dill. 1:20
3. Pour in the white wine and let the alcohol cook off. Add cold water just to the level of the meat, cover with wet baking paper and the lid, and simmer gently for about 1 hour. 2:02
4. Meanwhile blanch the chopped lettuce in a pot of boiling salted water for 2 minutes to shrink it, then drain (no need to cool it). 2:45
5. Push the lamb to one side, add the lettuce, the rest of the herbs and spring onion greens, a little salt and a drizzle of oil, and simmer until the lamb is meltingly tender (up to 30 minutes). 3:48
6. For the avgolemono, whisk the 2 egg yolks hard with the lemon juice until frothy. 4:40
7. Take the pot off the heat. Whisk a ladle of hot broth into the egg mixture, pour it back into the pot and shake the pot by its handles to mix, then return to the heat for 1 minute. 5:00
8. Serve with a little chopped dill and a drizzle of olive oil. 6:03

> **Tip** Serves 4 as on the chef's ingredient card. Leg on the bone is traditional; shoulder also works. Spinach or wild greens can replace some of the lettuce. Bread for the sauce is usual but optional.

The method is a summary in our words, in English — the video (in Greek) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
943 kcal	62 g	22 g	8.9 g	66 g	590 mg
3,950 kJ	124% of a day	13 g net · 7.2 g sugars	32% of a day	20 g saturated	26% of a day
		8% of a day		85% of a day	

Energy from net carbs 6% · protein 28% · fat 66% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 467% · Vitamin B12 240% · Vitamin A 158% · Folate 133% · Selenium 114% · Zinc 98% · Omega-3 66% · Vitamin C 55% · Iron 53% · Vitamin B6 41% · Potassium 38% · Vitamin E 36% · Magnesium 29%

Source of (10–19%) Calcium 18%

Recipe and video: Sotiris Evaggelou (@sotirisevaggelou) on YouTube — youtube.com/watch?v=B_hLpl-Rc50, published 26 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/arni-fricassee-lamb-lettuce