



Grilled Lamb Chops with Curried Couscous and Zucchini Raita

READY IN



25 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.1 teaspoon cinnamon
- ☐ 8 oz couscous
- ☐ 0.8 teaspoon curry powder
- ☐ 0.3 teaspoon mint leaves dried crumbled
- ☐ 1.3 lb lamb shoulder blade chops ()
- ☐ 1 cup greek yogurt plain
- ☐ 1.3 teaspoons salt

- ☐ 0.3 teaspoon turmeric
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups water
- ☐ 0.5 lb zucchini grated (1 cup)

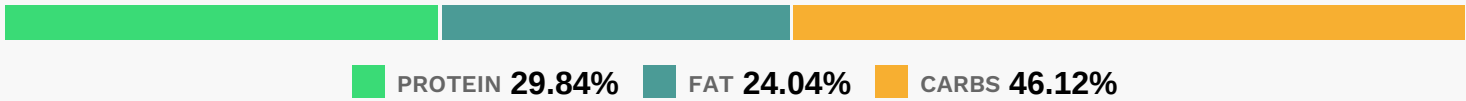
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat lightly oiled grill pan over moderately high heat until hot but not smoking.
- ☐ Meanwhile, toast curry, turmeric (if using), cinnamon, and 1/4 teaspoon pepper in a small heavy saucepan over moderate heat, stirring constantly, until fragrant, about 1 minute.
- ☐ Add water, 1/2 teaspoon salt, and butter and bring to a boil.
- ☐ Place couscous in a heatproof bowl and pour in boiling water mixture, then quickly cover with a plate or plastic wrap and let stand 5 minutes.
- ☐ While couscous stands, pat chops dry and sprinkle on both sides with 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Grill chops, turning over once, about 6 minutes total for medium-rare.
- ☐ Transfer to a serving plate.
- ☐ For raita, stir together yogurt, zucchini, mint, and remaining 1/2 teaspoon salt.
- ☐ Fluff couscous with a fork and serve with lamb and raita.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:26.91, Inflammation Score:-8, Nutrition Score:18.309999981652%

Flavonoids

Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 423.93kcal (21.2%), Fat: 11.13g (17.12%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 44.36g (16.13%), Sugar: 3.07g (3.42%), Cholesterol: 74.7mg (24.9%), Sodium: 822.15mg (35.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.15%), Vitamin B12: 2.75µg (45.77%), Vitamin B3: 7.73mg (38.63%), Selenium: 25.49µg (36.42%), Phosphorus: 355.88mg (35.59%), Manganese: 0.64mg (32.15%), Zinc: 4.67mg (31.1%), Vitamin B2: 0.45mg (26.36%), Potassium: 583.86mg (16.68%), Magnesium: 65.87mg (16.47%), Vitamin B6: 0.33mg (16.46%), Vitamin B5: 1.64mg (16.41%), Vitamin B1: 0.24mg (15.86%), Copper: 0.31mg (15.29%), Iron: 2.64mg (14.66%), Fiber: 3.66g (14.63%), Folate: 50.93µg (12.73%), Vitamin C: 10.23mg (12.4%), Calcium: 97.91mg (9.79%), Vitamin A: 298.88IU (5.98%), Vitamin K: 3.75µg (3.57%), Vitamin E: 0.52mg (3.48%)