



Grilled Lamb Loin With Tomato and Cucumber Raita and Israeli Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup heirloom cherry tomatoes halved
- ☐ 0.1 teaspoon confectioners' sugar
- ☐ 0.3 cup cucumber seeded roughly chopped
- ☐ 1 teaspoon cumin seeds dry toasted
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 sprigs rosemary fresh
- ☐ 3 sprigs thyme leaves fresh

- ☐ 4 cloves garlic
- ☐ 0.3 cup greek yogurt fat-free
- ☐ 0.8 cup israeli couscous
- ☐ 1 pound lamb tenderloin
- ☐ 2.5 teaspoon olive oil
- ☐ 1 medium vine-ripened tomato thinly sliced

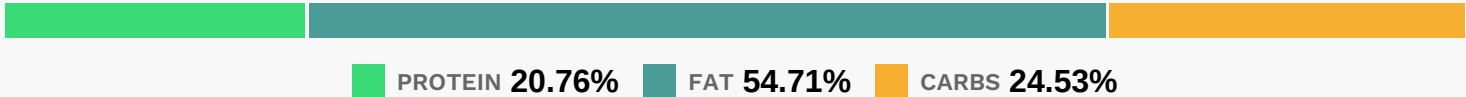
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Strip leaves from stems of rosemary and thyme, then chop coarsely. Smash garlic cloves, then chop coarsely. Pulse herbs, garlic and 1/2 teaspoon oil in a food processor until smooth.
- ☐ Place lamb in a 13" x 9" glass baking dish; rub with garlic mixture; cover; refrigerate 1 hour.
- ☐ Heat oven to 375°F. Toss tomato slices with remaining 2 tablespoons oil and spread on a baking sheet; roast until tomatoes brown in spots, about 30 minutes. Grind cumin seeds to a fine powder in a coffee grinder or spice mill. Puree roasted tomato in a blender with cumin, yogurt, cucumber and sugar until smooth. Stir in mint. Season with salt and pepper.
- ☐ Transfer to bowl and refrigerate until ready to eat.
- ☐ Heat grill to medium-high heat (about 375°F). Grill lamb, about 2 minutes per side for medium.
- ☐ Remove from grill and let rest 10 minutes; cut into 1-inch-thick slices. Divide couscous and lamb among 4 plates.
- ☐ Serve with 1 tablespoon raita per plate.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:15.76, Inflammation Score:-8, Nutrition Score:17.54217414234%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 491.96kcal (24.6%), Fat: 29.58g (45.51%), Saturated Fat: 11.99g (74.91%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.21g (9.89%), Sugar: 2.37g (2.63%), Cholesterol: 83.41mg (27.8%), Sodium: 82.35mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin B12: 2.71µg (45.12%), Vitamin B3: 8.38mg (41.9%), Selenium: 23.21µg (33.15%), Zinc: 4.42mg (29.45%), Phosphorus: 278.78mg (27.88%), Manganese: 0.47mg (23.27%), Vitamin B2: 0.33mg (19.26%), Vitamin C: 15.83mg (19.19%), Iron: 3.11mg (17.28%), Vitamin K: 15.96µg (15.2%), Potassium: 525.58mg (15.02%), Vitamin B6: 0.3mg (14.76%), Vitamin B1: 0.22mg (14.55%), Copper: 0.28mg (13.77%), Magnesium: 52.84mg (13.21%), Vitamin B5: 1.3mg (13.01%), Vitamin A: 621.46IU (12.43%), Fiber: 2.65g (10.58%), Folate: 41.32µg (10.33%), Calcium: 67.13mg (6.71%), Vitamin E: 1mg (6.64%)