



## Lamb Chops with Greens and Crispy Orecchiette Pasta with Walnut-Rosemary Pesto

READY IN



30 min.

SERVINGS



4

CALORIES



1216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons aged balsamic vinegar
- 4 servings bell pepper black
- 2 tablespoons butter
- 2 cloves garlic
- 2 large heads kale chopped
- 4 shoulder lamb chops bone-in
- 4 servings nutmeg grated to taste

- 3 tablespoons olive oil extra-virgin divided
- 1 pound orecchiette pasta
- 0.5 cup parmigiano-reggiano grated
- 1 onion red thinly sliced
- 7 to 8 stems rosemary loosely packed
- 4 servings salt
- 1.5 cups walnuts

## Equipment

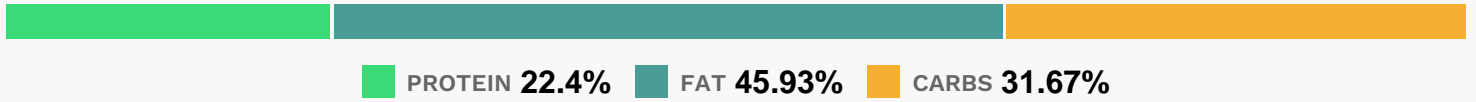
- food processor
- bowl
- frying pan
- pot
- aluminum foil

## Directions

- Bring water to a boil for pasta, salt water and cook to al dente.
- Toast walnuts in a dry skillet over medium heat until golden and fragrant, a few minutes then cool.
- Add the nuts to a food processor with rosemary, 1 clove garlic, salt and pepper and turn processor on. Stream 1/3 cup oil into food processor to form pesto then scrape into a bowl and stir in about 3/4 cup grated cheese.
- Rub chops with cut clove of garlic then season with salt and pepper.
- Heat 1 tablespoon oil in a large skillet over medium-high heat.
- Add chops and cook 4 minutes each side for medium rare doneness.
- While lamb cooks, drain pasta and return pot to heat.
- Add 1 tablespoon oil and butter in pasta pot and melt over medium heat.
- Place the pasta back in the pot and crisp 4 to 5 minutes, toasting the pasta. Season the pasta with salt and pepper and a little nutmeg.
- Remove lamb from skillet and cover with foil to let meat settle.

- Heat remaining 1 tablespoon oil over medium-high to high heat.
- Add onions and greens and sear them. Season the greens with salt and pepper and wilt down, 3 to 4 minutes.
- Add vinegar and turn greens to coat in vinegar.
- Serve a chop alongside greens. Top greens with toasted pasta and drizzle some pesto over everything.

## Nutrition Facts



### Properties

Glycemic Index:112.5, Glycemic Load:36.59, Inflammation Score:-8, Nutrition Score:41.409130486457%

### Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

### Nutrients (% of daily need)

Calories: 1215.8kcal (60.79%), Fat: 62.32g (95.87%), Saturated Fat: 15.43g (96.42%), Carbohydrates: 96.7g (32.23%), Net Carbohydrates: 89.11g (32.4%), Sugar: 7.23g (8.03%), Cholesterol: 152.15mg (50.72%), Sodium: 551.49mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.37g (136.74%), Manganese: 2.71mg (135.52%), Selenium: 93.44µg (133.49%), Vitamin B12: 4.99µg (83.14%), Phosphorus: 829.7mg (82.97%), Zinc: 11.31mg (75.4%), Copper: 1.33mg (66.61%), Vitamin B6: 1.16mg (58.14%), Vitamin B3: 11.19mg (55.96%), Vitamin B2: 0.82mg (48.52%), Magnesium: 183.11mg (45.78%), Iron: 6.94mg (38.55%), Vitamin B1: 0.48mg (32.33%), Fiber: 7.59g (30.36%), Potassium: 1062.31mg (30.35%), Calcium: 254.2mg (25.42%), Vitamin B5: 2.35mg (23.46%), Folate: 71.91µg (17.98%), Vitamin E: 2.15mg (14.34%), Vitamin K: 12.77µg (12.16%), Vitamin A: 320.66IU (6.41%), Vitamin C: 3.39mg (4.11%)