



Lamb Cutlets/Rib Chops with Chili and Black Olives



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 olives black pitted sliced
- ☐ 1 long chile red deseeded finely chopped
- ☐ 1 teaspoon chili flakes
- ☐ 3 cloves garlic peeled sliced
- ☐ 1 teaspoon maldon salt/kosher salt or
- ☐ 12 lamb rib chops
- ☐ 1 small lemon zest juiced

- ☐ 4 tablespoons olive oil for frying
- ☐ 1 teaspoon oregano dried

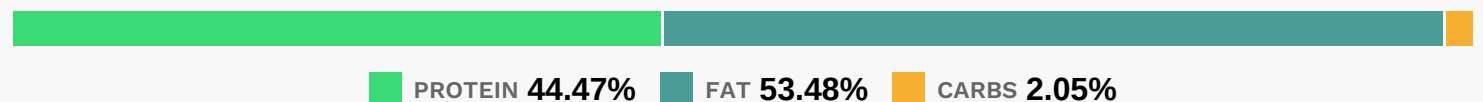
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Layer the rib chops between clingfilm/cling-wrap (plastic wrap) and flatten them gently with a rolling pin or mallet.
- ☐ Place the chops in a large dish so that they all fit in a single layer.
- ☐ Pour over the 4 tablespoons/1/4 cup of oil and add the garlic, chili, oregano, lemon zest and juice.
- ☐ Sprinkle over the salt and the olives and then turn the rib chops in the marinade so that both sides are coated.
- ☐ Cover and leave the lamb to marinate for 20 minutes at room temperature before cooking.
- ☐ Heat a large frying pan with the 2 tablespoons of oil, and add the chops scraping off the marinade before you put them in the pan. Fry them for a couple of minutes a side on quite a high heat so that they take on some color.
- ☐ Turn the heat back down to medium and pour the marinade into the pan over the colored chops.
- ☐ Add 2 tablespoons or so of water so that they cook in a little liquid.
- ☐ Cook for about 5 minutes for rare cutlets or a little longer if you like your lamb well cooked, (this will also depend on the thickness of the chops).
- ☐ Transfer the lamb to a serving plate, pour over the juices from the pan and sprinkle with the chopped red chile should you feel like enhancing the dried chili with the pep of fresh.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:33.419999972634%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 630.7kcal (31.54%), Fat: 36.54g (56.22%), Saturated Fat: 11.91g (74.41%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.82g (0.91%), Cholesterol: 223.74mg (74.58%), Sodium: 1069.32mg (46.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.38g (136.75%), Vitamin B12: 8.07µg (134.47%), Selenium: 76.24µg (108.92%), Vitamin B3: 20.25mg (101.23%), Zinc: 12.98mg (86.56%), Phosphorus: 624.89mg (62.49%), Vitamin B2: 0.7mg (41.16%), Iron: 6.19mg (34.4%), Vitamin B6: 0.65mg (32.51%), Vitamin B1: 0.43mg (28.37%), Potassium: 968.5mg (27.67%), Magnesium: 91.89mg (22.97%), Vitamin C: 18.82mg (22.81%), Vitamin B5: 2.26mg (22.57%), Copper: 0.43mg (21.28%), Folate: 75.82µg (18.95%), Vitamin E: 1.98mg (13.23%), Manganese: 0.17mg (8.75%), Vitamin K: 7.15µg (6.81%), Calcium: 66.16mg (6.62%), Vitamin A: 323.76IU (6.48%), Fiber: 1.26g (5.03%)