



Pan-Fried Lamb Chops with Harissa



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



1086 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds smoked
- ☐ 1 cup medium-grind bulgur wheat
- ☐ 1 teaspoon caraway seeds
- ☐ 4 servings cilantro leaves
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 tablespoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup figs dried

- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 garlic cloves
- ☐ 0.5 cup green onions chopped
- ☐ 4 servings ground pepper black
- ☐ 1 tablespoon honey
- ☐ 0.5 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 6 double lamb chops
- ☐ 1 teaspoon juice of lemon
- ☐ 4 servings juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 bell peppers red
- ☐ 2 small chiles fresh red chopped
- ☐ 0.3 cup water hot
- ☐ 2.5 cups water boiling

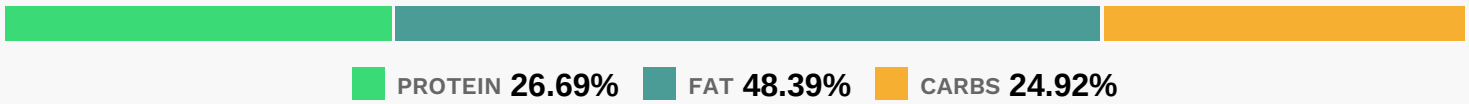
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill pan

Directions

- ☐ Over open flame, place 2 red bell peppers. Allow to roast until charred. Wrap in plastic wrap and allow to sit for 10 minutes. Scrape charred skin off peppers.
- ☐ Gather the cumin, coriander and caraway in a small skillet and toast over low heat until fragrant. Then grind to a powder in spice mill or a clean coffee grinder.
- ☐ Put the peppers into a food processor along with the spices, garlic, chiles, salt, olive oil, and lemon juice and pulse to puree.
- ☐ Sprinkle olive oil over lamb chops on both sides and season with salt and pepper. Put chops on grill pan preheated over medium-high heat. Cook for 8 1/2 minutes per side for medium-rare.
- ☐ Serve the chops with the harissa and the Bulgur Wheat Salad.
- ☐ Garnish with cilantro.
- ☐ Toast bulgur in dry pan over medium-low heat for 5 minutes and add in the juice of 1/2 lemon. In medium bowl, pour the boiling water over the bulgur. Stir in 1/2 teaspoon salt. Cover with a piece of plastic wrap, and let stand until the bulgur has absorbed all of the liquid and is tender, about 15 to 20 minutes. In small bowl, combine figs, honey, 1 teaspoon lemon juice and 1/4 cup hot water and cover with plastic wrap. Allow to sit for 10 to 20 minutes.
- ☐ Fluff bulgur and stir strained figs and almonds.
- ☐ Add chopped scallions, cilantro, parsley, mint and olive oil. Season with salt, pepper and lemon juice, to taste. Stir to combine.

Nutrition Facts



Properties

Glycemic Index:111.07, Glycemic Load:20, Inflammation Score:-10, Nutrition Score:59.670434951782%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 16.49mg, Apigenin: 16.49mg, Apigenin: 16.49mg, Apigenin: 16.49mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 1085.91kcal (54.3%), Fat: 59.82g (92.03%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 69.34g (23.11%), Net Carbohydrates: 53.47g (19.45%), Sugar: 27.67g (30.74%), Cholesterol: 192.91mg (64.3%), Sodium: 958.82mg (41.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.24g (148.48%), Vitamin K: 187.26µg (178.34%), Vitamin C: 132.03mg (160.03%), Vitamin B12: 7.24µg (120.66%), Manganese: 2.01mg (100.43%), Zinc: 13.87mg (92.49%), Vitamin B3: 16.91mg (84.53%), Phosphorus: 806.76mg (80.68%), Vitamin B2: 1.35mg (79.22%), Vitamin B6: 1.56mg (78.19%), Vitamin E: 10.6mg (70.68%), Vitamin A: 3231.81IU (64.64%), Fiber: 15.86g (63.45%), Iron: 10.24mg (56.89%), Magnesium: 224.34mg (56.08%), Potassium: 1709.22mg (48.83%), Copper: 0.94mg (47.13%), Selenium: 27.14µg (38.77%), Vitamin B1: 0.54mg (35.87%), Vitamin B5: 3.2mg (31.99%), Calcium: 218.32mg (21.83%), Folate: 84.59µg (21.15%)