



Pomegranate-Marinated Lamb with Spices and Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons basil
- ☐ 10 ounce couscous plain
- ☐ 4 garlic clove coarsely chopped
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 teaspoons ground cumin divided
- ☐ 1 tablespoon ground ginger
- ☐ 2 pounds lamb shoulder cut into 3/4-inch square pieces, bones reserved
- ☐ 2 cups chicken broth

- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup pomegranate molasses
- ☐ 0.8 cup pomegranate seeds
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted ()
- ☐ 1.3 cups water divided

Equipment

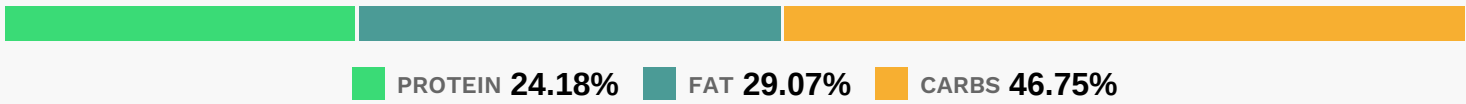
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk pomegranate molasses, coarsely chopped garlic, olive oil, ground ginger, cinnamon, 1 3/4 teaspoons cumin, paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper in large bowl.
- ☐ Add lamb and toss to coat. Cover and marinate 2 hours at room temperature, or up to 2 days in the refrigerator.
- ☐ Drain, reserving marinade. Pat lamb dry.
- ☐ Heat heavy large nonstick skillet over medium-high heat. Working in batches, add meat and bones, if using, and cook until browned, turning occasionally, about 2 minutes total per batch. Return all lamb and bones to skillet.
- ☐ Add reserved marinade and 1/4 cup water. Cover with lid slightly ajar and simmer over medium-low heat until meat is tender, about 8 minutes.
- ☐ Remove from heat and set aside.
- ☐ Meanwhile, bring remaining 1 cup water and chicken broth to boil in medium saucepan over medium-high heat.
- ☐ Add couscous and remaining 1/4 teaspoon cumin.

- ☐ Remove saucepan from heat and let stand covered 5 minutes. Fluff couscous with fork, then stir in butter until melted. Divide couscous among plates and top with lamb, pomegranate seeds, and basil leaves, spooning remaining sauce over lamb.
- ☐ * A thick pomegranate syrup; available at some supermarkets, at Middle Eastern markets, and from adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:36.77, Inflammation Score:-6, Nutrition Score:27.469130627487%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 690.68kcal (34.53%), Fat: 22.05g (33.93%), Saturated Fat: 7.63g (47.66%), Carbohydrates: 79.79g (26.6%), Net Carbohydrates: 73.29g (26.65%), Sugar: 14.92g (16.57%), Cholesterol: 106.49mg (35.5%), Sodium: 440.61mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.53%), Manganese: 1.52mg (75.94%), Vitamin B12: 3.94µg (65.75%), Vitamin B3: 13.06mg (65.3%), Selenium: 33.95µg (48.51%), Zinc: 6.97mg (46.46%), Phosphorus: 450.75mg (45.07%), Iron: 4.98mg (27.67%), Vitamin B2: 0.46mg (26.95%), Fiber: 6.5g (25.99%), Copper: 0.51mg (25.3%), Potassium: 781.8mg (22.34%), Vitamin B1: 0.32mg (21.62%), Vitamin B5: 2.09mg (20.88%), Magnesium: 83.46mg (20.86%), Vitamin B6: 0.4mg (19.93%), Vitamin K: 17.52µg (16.68%), Folate: 62.24µg (15.56%), Vitamin E: 1.98mg (13.22%), Vitamin A: 643.39IU (12.87%), Calcium: 87.23mg (8.72%), Vitamin C: 4.51mg (5.47%)