



Roasted Lamb Chops with Charmoula and Skillet Asparagus

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds asparagus trimmed peeled cut into 3-inch-long pieces, stalks cut into 1/2-inch pieces thin
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon cumin seeds
- ☐ 0.5 cup cilantro leaves fresh packed (lightly)
- ☐ 0.5 cup mint leaves fresh packed (lightly)

- ☐ 2 large garlic clove
- ☐ 1 tablespoon paprika smoked sweet (pimentón dulce)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1.5 cups parsley fresh italian packed (lightly)
- ☐ 3 tablespoons shallots chopped

Equipment

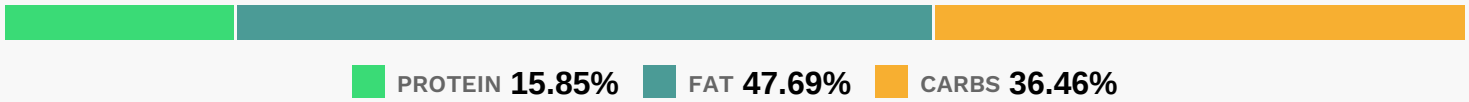
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Heat small skillet over medium heat.
- ☐ Add cumin seeds and toast until aromatic and slightly darker, stirring occasionally, about 2 minutes.
- ☐ Transfer to processor.
- ☐ Add parsley leaves and next 6 ingredients to processor. Using on/off turns, process until coarse paste forms. With machine running, gradually add 4 tablespoons oil.
- ☐ Transfer 2 tablespoons charroula to small bowl; whisk in lemon juice and remaining 2 tablespoons oil. Cover and chill to serve with lamb.
- ☐ Transfer remaining charroula to large resealable plastic bag.
- ☐ Add lamb chops; seal bag and turn to coat well. Chill at least 4 hours and up to 24 hours.

- ☐ Let lamb and charmoula sauce in bowl stand at room temperature 1 hour.
- ☐ Preheat oven to 500°F. Line rimmed baking sheet with foil.
- ☐ Place rack on prepared baking sheet.
- ☐ Place lamb on rack and sprinkle with salt and pepper. Roast until thermometer inserted into center registers 130°F for medium-rare, about 13 minutes.
- ☐ Transfer lamb to platter. Tent with foil and let rest 5 minutes.
- ☐ Meanwhile, melt butter with 1 tablespoon oil in heavy large skillet over high heat.
- ☐ Add asparagus and sauté until tender, stirring often, about 3 minutes.
- ☐ Add shallot and lemon peel. Sauté 1 minute. Season to taste with salt and pepper.
- ☐ Place 2 lamb chops on each of 4 plates. Divide asparagus among plates.
- ☐ Drizzle lamb and asparagus with charmoula sauce, passing remaining sauce alongside.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:23.982174048281%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 48.78mg, Apigenin: 48.78mg, Apigenin: 48.78mg, Apigenin: 48.78mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 3.36mg, Myricetin: 3.36mg, Myricetin: 3.36mg, Myricetin: 3.36mg Quercetin: 24.94mg, Quercetin: 24.94mg, Quercetin: 24.94mg, Quercetin: 24.94mg

Nutrients (% of daily need)

Calories: 122.2kcal (6.11%), Fat: 7.39g (11.37%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 6.75g (2.46%), Sugar: 4.36g (4.84%), Cholesterol: 7.53mg (2.51%), Sodium: 627.58mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin K: 449.98µg (428.56%), Vitamin A: 4576.63IU (91.53%), Vitamin C: 45.17mg (54.75%), Iron: 6.88mg (38.22%), Folate: 134.96µg (33.74%), Manganese: 0.51mg (25.43%), Fiber: 5.96g (23.83%), Vitamin E: 3.33mg (22.22%), Copper: 0.42mg (20.83%), Vitamin B1: 0.29mg (19.53%), Vitamin B2: 0.31mg (18.41%), Potassium: 616.63mg (17.62%), Vitamin B6: 0.28mg (13.97%), Magnesium: 51.21mg (12.8%), Phosphorus: 127.91mg (12.79%), Vitamin B3: 2.36mg (11.82%), Calcium: 112.66mg

(11.27%), Zinc: 1.44mg (9.59%), Vitamin B5: 0.67mg (6.71%), Selenium: 4.5µg (6.43%)