



Sizzled masala lamb with chopped salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp canola oil
- ☐ 1 tbsp curry paste
- ☐ 2 lamb loin chops
- ☐ 0.5 pomegranate seeds
- ☐ 0.3 cucumber diced peeled deseeded finely
- ☐ 6 radishes diced
- ☐ 6 cherry tomatoes quartered
- ☐ 0.5 small onion red very finely sliced

- ☐ 1 small handful mint leaves roughly chopped
- ☐ 1 small handful cilantro leaves roughly chopped
- ☐ 0.3 tsp ground cumin
- ☐ 0.5 juice of lemon

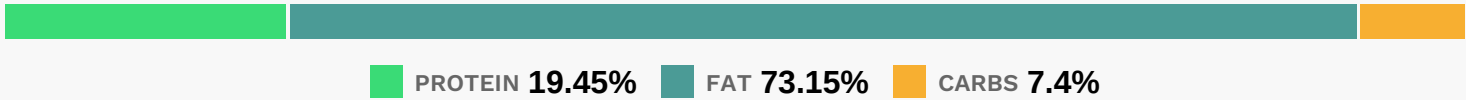
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat grill. Rub the oil and curry paste all over the chops and season.
- ☐ Put the chops on a baking tray and grill for about 4–5 mins each side for medium, depending on the thickness of the chop, or to your liking. Allow to rest for a couple of mins.
- ☐ Meanwhile, put the remaining ingredients (except the garnish) in a bowl, give everything a stir, then season. Spoon the salad onto a plate and lay the chops on top. Scatter with the remaining herb leaves.

Nutrition Facts



Properties

Glycemic Index:178, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:31.559130171071%

Flavonoids

Pelargonidin: 15.15mg, Pelargonidin: 15.15mg, Pelargonidin: 15.15mg, Pelargonidin: 15.15mg Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg, Eriodictyol: 1.97mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg, Quercetin: 14.05mg

Nutrients (% of daily need)

Calories: 820.14kcal (41.01%), Fat: 66.3g (102%), Saturated Fat: 27.45g (171.59%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 11.43g (4.16%), Sugar: 7.91g (8.79%), Cholesterol: 167.24mg (55.75%), Sodium: 155.2mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.35%), Vitamin B3: 15.47mg (77.34%), Vitamin B12: 4.61µg (76.84%), Vitamin A: 3365.15IU (67.3%), Selenium: 43.8µg (62.57%), Vitamin C: 42.78mg (51.86%), Phosphorus: 417.3mg (41.73%), Zinc: 6.25mg (41.64%), Vitamin B2: 0.56mg (33.02%), Iron: 5.7mg (31.68%), Potassium: 1013.39mg (28.95%), Vitamin B6: 0.52mg (25.81%), Vitamin K: 24.51µg (23.34%), Vitamin B1: 0.35mg (23.32%), Folate: 88.91µg (22.23%), Copper: 0.43mg (21.51%), Magnesium: 80.57mg (20.14%), Vitamin B5: 1.9mg (19%), Manganese: 0.37mg (18.66%), Fiber: 3.66g (14.65%), Vitamin E: 1.94mg (12.94%), Calcium: 113.28mg (11.33%)