



Spanish Spice-Rubbed Lamb Tenderloin with Farro Salad

READY IN



50 min.

SERVINGS



4

CALORIES



639 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1.3 teaspoons pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 cup farro (available at igourmet.com)
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground mustard

- ☐ 1.3 teaspoons kosher salt divided
- ☐ 24 ounces baby lamb chops trimmed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 tablespoons paprika spanish
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 tablespoons aged sherry vinegar
- ☐ 4 cups water

Equipment

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

Directions

- ☐ Heat a medium saucepan over high heat.
- ☐ Add water, farro, and 1/2 teaspoon salt to pan; bring to a boil. Reduce heat to medium-low; cover and continue cooking until farro is tender (about 30 minutes).
- ☐ Drain well, then transfer the farro to a large bowl.
- ☐ Add olive oil, vinegar, mint, and 1/4 teaspoon pepper to farro; toss well. Top with the goat cheese and pine nuts; set aside.
- ☐ Combine paprika, cumin, mustard, fennel, and remaining salt and pepper in a small bowl; whisk well.
- ☐ Press each side of lamb chops into spice rub.
- ☐ Heat canola oil in a large nonstick saut pan over high heat until oil begins to shimmer.
- ☐ Place lamb in pan; cook until golden and a crust has formed (2–3 minutes). Turn lamb over and continue cooking about 3–4 minutes.
- ☐ Remove lamb from pan; let rest 5 minutes.

Nutrition Facts



 PROTEIN **31.84%**  FAT **42.19%**  CARBS **25.97%**

Properties

Glycemic Index:17.25, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:31.309130870778%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 638.71kcal (31.94%), Fat: 29.87g (45.95%), Saturated Fat: 8.49g (53.03%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 32.56g (11.84%), Sugar: 0.92g (1.03%), Cholesterol: 135.2mg (45.07%), Sodium: 898.89mg (39.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.71g (101.42%), Vitamin B12: 4.86µg (80.94%), Manganese: 1.34mg (66.8%), Zinc: 9.58mg (63.87%), Vitamin B3: 11.44mg (57.19%), Phosphorus: 551.26mg (55.13%), Selenium: 37.27µg (53.24%), Vitamin B2: 0.78mg (45.63%), Vitamin B6: 0.89mg (44.54%), Iron: 6.51mg (36.15%), Copper: 0.72mg (35.78%), Fiber: 8.81g (35.24%), Magnesium: 107.55mg (26.89%), Vitamin B1: 0.35mg (23.04%), Potassium: 771.67mg (22.05%), Vitamin B5: 1.79mg (17.87%), Vitamin E: 2.25mg (14.98%), Vitamin K: 12.03µg (11.46%), Calcium: 87.7mg (8.77%), Vitamin A: 401.4IU (8.03%), Vitamin C: 5.65mg (6.85%), Folate: 21.11µg (5.28%)