



Spice-Coated Rack of Lamb for Two with Arugula, Avocado, and Blood Orange Salad

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce baby arugula loosely packed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 blood oranges peeled seeded
- ☐ 0.3 blood oranges
- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon hot-brewed coffee finely
- ☐ 3 sprigs thyme sprigs fresh

- ☐ 2 garlic clove with back of knife peeled smashed
- ☐ 1 haas avocados firm ripe peeled cut into 1/4-inch-thick slices
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 24 ounce wire rack rack of
- ☐ 0.8 teaspoon sea salt
- ☐ 1 tablespoon shallots minced (from 1 small shallot)
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 tablespoon cumin seeds whole

Equipment

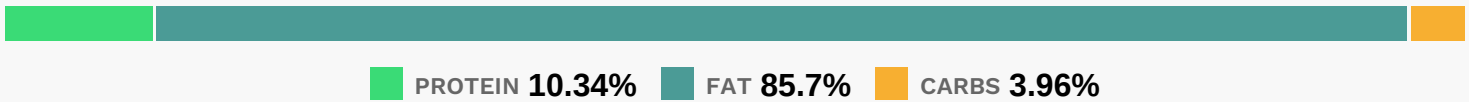
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Pre-heat oven to 400°F.
- ☐ Using spice or coffee grinder, grind cumin to semi-fine powder, then transfer to small bowl.
- ☐ Whisk in cocoa powder, coffee, and pepper.
- ☐ Rub exposed lamb bones with 1 tablespoon canola oil, then wrap each bone in foil, covering bones completely and leaving meat uncovered.
- ☐ Sprinkle both sides of uncovered lamb with kosher salt, then rub with spice mixture.
- ☐ In heavy, 12-inch oven-safe sauté pan over high heat, heat remaining 2 tablespoons canola oil until hot but not smoking. Sear rack, meat side down, moving occasionally to prevent sticking, until deep golden brown and crust forms, about 2 minutes. Flip to sear underside in same manner, about 2 minutes, then sear bottom of rack in same manner, 2 minutes more.

- ☐ Flip rack back to meat side up, then transfer pan to oven and roast 7 minutes.
- ☐ Add butter, garlic, and thyme to pan and continue roasting until thermometer inserted 2 inches into thickest part of lamb (do not touch bone) registers 130°F (for medium rare), 7 to 8 minutes more. Tilt pan to collect juices and spoon those over meat.
- ☐ Transfer lamb to rack with pan or plate underneath to catch juices and let rest 10 to 15 minutes.
- ☐ In small bowl, whisk together blood orange juice, shallot, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Gradually add olive oil and whisk vigorously to combine. (Vinaigrette can be prepared ahead and refrigerated, covered, up to 2 days.
- ☐ Whisk thoroughly before using.)
- ☐ Divide avocado between two plates, fanning out slices over half of plate. Top with arugula and drizzle with vinaigrette. Top with blood orange segments and sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Remove foil from lamb bones. Slice rack into 4 double chops and transfer to plates alongside salad.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:149.5, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:37.457391298336%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 1529.64kcal (76.48%), Fat: 147.71g (227.25%), Saturated Fat: 50.74g (317.11%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 6.4g (2.33%), Sugar: 2.26g (2.51%), Cholesterol: 218.84mg (72.95%), Sodium: 2774.98mg (120.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.71mg (2.9%), Protein: 40.11g (80.23%), Vitamin B12: 5.21µg (86.9%), Vitamin B3: 17.21mg (86.07%), Selenium: 43.38µg (61.97%), Vitamin K: 62.08µg (59.12%), Vitamin E: 8.73mg (58.21%), Zinc: 7.87mg (52.46%), Phosphorus: 447.87mg (44.79%), Iron: 7.08mg (39.35%), Vitamin B2: 0.66mg (38.61%), Fiber: 8.95g (35.82%), Folate: 136.58µg (34.14%), Potassium: 1170.1mg (33.43%), Vitamin B6: 0.62mg (31.22%), Vitamin B5: 3.1mg (31.04%), Manganese: 0.59mg (29.46%), Copper: 0.58mg (29%), Magnesium: 110.4mg (27.6%), Vitamin C: 20.47mg (24.81%), Vitamin B1: 0.36mg (24.12%), Vitamin A: 963.81IU (19.28%), Calcium: 127.21mg (12.72%), Vitamin D: 0.21µg (1.4%)