



 **100%**
HEALTH SCORE

Spiced Lamb Chops on Sauteed Peppers and Onions with Garlic and Mint Couscous

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1069 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups chicken stock see
- 4 servings coarse salt and coarse pepper black
- 1.5 cups couscous
- 0.5 cup flat-leaf parsley chopped
- 3 cloves garlic finely chopped
- 1 cup grape tomatoes
- 2 bell peppers green cubed seeded

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 8 loin lamb chops
- 4 tablespoons olive oil extra-virgin divided
- 1 large skinned onion yellow cubed
- 3 tablespoons pinenuts
- 2 teaspoons paprika sweet

Equipment

- frying pan
- pot
- aluminum foil
- stove

Directions

- Cover the chops with waxed paper or plastic and whack each chop with the heel of your palm to flatten it out. Season chops with salt and pepper on both sides.
- Combine cumin, coriander and paprika and sprinkle the mixture evenly over chops. Pat the spices in place and wash up.
- Let chops stand 15 minutes.
- Heat a large skillet over medium high heat.
- Add 2 tablespoons extra-virgin olive oil, 2 turns of the pan.
- Add peppers and onions. Season the vegetables with salt and pepper and cook together 5 minutes, then add grape tomatoes and continue to cook until skins begin to burst on tomatoes.
- Add half the flat-leaf parsley to the skillet and toss.
- Transfer vegetables to a platter and cover with loose foil to hold heat.
- Place a tablespoon of extra-virgin olive oil in a small pot for couscous, just eyeball the amount.
- Heat oil over medium heat and add garlic.

- Saute garlic 1 minute then add the pine nuts to toast a little.
- Add chicken stock to the pot and bring it up to a boil.
- Add couscous, remove from heat, and cover the pot.
- Let stand for 5 minutes.
- Return skillet to stove and add another tablespoon extra-virgin olive oil, a turn of the pan.
- Add lamb chops to skillet and sear 2 to 3 minutes on each side for medium rare, cook 4 minutes on each side for medium well chops.
- Place chops on top of the peppers and onions.
- Fluff couscous with a fork and stir in mint and the remaining parsley. Pass couscous at the table. It makes a nice bed for the veggies and lamb to catch all the juices.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:32.2, Inflammation Score:-9, Nutrition Score:54.989565476127%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 1068.66kcal (53.43%), Fat: 45.04g (69.29%), Saturated Fat: 12.34g (77.14%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 58.07g (21.12%), Sugar: 5.9g (6.56%), Cholesterol: 259.91mg (86.64%), Sodium: 541.56mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.24g (194.49%), Vitamin B12: 9.65µg (160.88%), Vitamin K: 144.04µg (137.18%), Zinc: 17.36mg (115.75%), Vitamin B3: 22.17mg (110.86%), Phosphorus: 946.6mg (94.66%), Vitamin B6: 1.79mg (89.69%), Vitamin B2: 1.48mg (86.89%), Vitamin C: 66.93mg (81.13%), Manganese: 1.49mg (74.67%), Iron: 10.81mg (60.07%), Selenium: 35.61µg (50.86%), Potassium: 1669.43mg (47.7%), Copper: 0.95mg (47.54%), Vitamin B1: 0.66mg (44.06%), Vitamin B5: 4.03mg (40.32%), Magnesium: 156.5mg (39.13%), Vitamin A: 1673.31IU (33.47%), Fiber: 6.78g (27.14%), Vitamin E: 3.55mg (23.69%), Folate: 50.74µg (12.69%), Calcium: 110.48mg (11.05%)