



Sticky fig lamb cutlets with warm bean & couscous salad

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 100 g couscous
- ☐ 7 rack lamb loins french lean trimmed for you (ask your butcher to trim)
- ☐ 2 tbsp olive oil
- ☐ 200 g green beans ends trimmed
- ☐ 4 tbsp let set min. spread mixed with 1-2 tbsp water
- ☐ 2 tbsp balsamic vinegar
- ☐ 0.5 small onion red thinly sliced

- ☐ 1 handful cherry tomatoes halved
- ☐ 0.5 lemon zest
- ☐ 1 small handful mint leaves

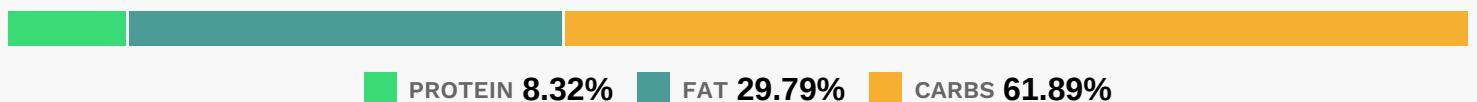
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Heat a frying pan and bring a small saucepan of water to the boil.
- ☐ Put the couscous in a bowl, pour over 100ml boiling water from the kettle, cover with a tea towel and set aside.
- ☐ Cut between the lamb bones so you have 7 trimmed lamb cutlets. Rub a little of the oil and some seasoning onto each cutlet. Cook the green beans in the boiling water for 4 mins, then drain.
- ☐ Once the frying pan is hot, cook the lamb for 3 mins each side, brushing with the fig jam as they cook.
- ☐ Add the vinegar in the final 1 min of cooking, transfer the lamb to a plate and leave to rest. Bubble any remaining juices in the pan until sticky.
- ☐ Mix the couscous with a fork to fluff it up, add the beans, red onion, tomatoes, lemon zest and juice, the torn mint and the remaining oil. Season and mix well. Divide the salad between 2 plates and top with the lamb cutlets.
- ☐ Drizzle over the remaining sticky juices from the pan and scatter over a few whole mint leaves.

Nutrition Facts



Properties

Glycemic Index:121.5, Glycemic Load:37.87, Inflammation Score:-8, Nutrition Score:15.262173876328%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 464.36kcal (23.22%), Fat: 15.47g (23.8%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 72.3g (24.1%), Net Carbohydrates: 65.75g (23.91%), Sugar: 21.39g (23.76%), Cholesterol: 2.56mg (0.85%), Sodium: 31.89mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Vitamin K: 52.71µg (50.2%), Manganese: 0.74mg (36.85%), Vitamin C: 27.76mg (33.65%), Fiber: 6.56g (26.22%), Vitamin A: 958.41IU (19.17%), Vitamin E: 2.68mg (17.9%), Phosphorus: 156.9mg (15.69%), Vitamin B3: 2.97mg (14.84%), Folate: 59.25µg (14.81%), Magnesium: 58.7mg (14.68%), Copper: 0.27mg (13.74%), Vitamin B6: 0.27mg (13.69%), Potassium: 476.52mg (13.61%), Vitamin B1: 0.2mg (13.36%), Iron: 2.38mg (13.22%), Vitamin B2: 0.19mg (11.4%), Vitamin B5: 0.97mg (9.68%), Calcium: 76.91mg (7.69%), Zinc: 0.93mg (6.19%), Selenium: 2.15µg (3.07%), Vitamin B12: 0.08µg (1.35%)