

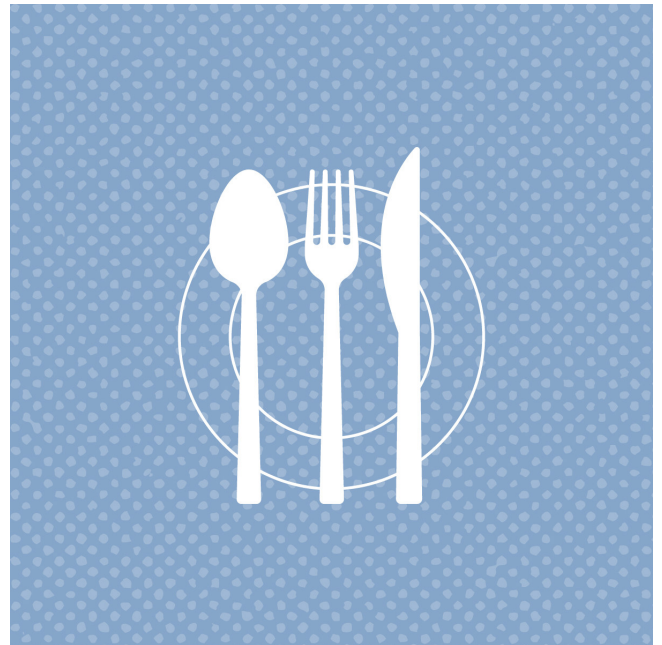
Lamb Loin Chops With Couscous Cakes

Ingredients

- 1 cup reduced sodium chicken broth
- 1/4 cup finely chopped onion
- Dash ground white pepper
- 3/4 cup Near East® Original Plain Couscous
- 1/4 cup shredded carrot
- 1 tbsp reduced calorie mayonnaise
- 2 tbsp chopped cilantro
- 2 egg whites, slightly beaten or 1 egg
- 1/3 cup seasoned bread crumbs
- 2 tbsp sesame seeds
- 1 tbsp extra virgin olive oil
- 1/2 tsp ground coriander
- 1/4 tsp dried thyme
- 1/4 tsp ground black pepper
- 8 American lamb loin chops, 1-inch thick (about 2 lbs), trimmed
- Cilantro sprigs (optional)

How to make it

1. In medium saucepan, bring broth, onion, and white pepper to a boil. Stir in couscous. Cover; remove from heat. Let stand 5 minutes. Stir in carrot, mayonnaise, cilantro and egg; mix well.
2. With lightly greased hands, form couscous mixture into 8 patties about 3/4-inch thick. Mix bread crumbs and sesame seeds. Coat patties in crumb mixture.
3. In large nonstick skillet, heat olive oil over medium heat. Cook patties 3-5 minutes on each side or until golden brown.
4. Meanwhile, mix coriander, thyme and pepper. Sprinkle lamb with spice mixture. Broil 4-5 inches from heat 5 minutes per side, to desired



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	8

Made with



Near East® Original Plain Couscous

doneness.

5. Serve lamb with hot couscous cakes. Garnish with cilantro, if desired.