



COOKING PASSION SINCE 1877

## Lamb Chops with Za'atar and Pomegranate Molasses



Serves: 4

### INGREDIENTS

#### For the za'atar spice mixture:

2 tablespoons **sesame seeds**  
2 teaspoons thyme  
1 teaspoon oregano  
2 teaspoons sumac (from a Turkish market)  
1 ½ teaspoons sea salt

#### For the lamb:

700-800 g rack of lamb (or 12-16 lamb chops with Frenched bones)  
2 garlic cloves  
4 tablespoons olive oil  
3 tablespoons pomegranate molasses  
½ teaspoon chili flakes  
4 teaspoons za'atar spice mixture (see above)  
1 organic lemon  
Salt  
Pepper

#### For the couscous:

240 g instant couscous  
350 ml vegetable stock  
1 pomegranate  
1 orange  
2 green onions  
Several sprigs of mint, cilantro and Italian parsley  
200 g **yogurt**  
Salt  
Pepper

ALLERGENES HIGHLIGHTED IN BOLD

### PREPARATION

For the za'atar spice mixture, toast the sesame seeds in a pan over medium heat. Let cool and then mix with the remaining ingredients. Transfer the mixture to a screw-top or canning jar and set aside.

For the lamb, cut the rack into chops about 1.5 cm thick, removing membranes and sinews. Peel the garlic and slice finely. Place the lamb chops in a casserole dish. Rub both sides with oil, pomegranate molasses, chili flakes, half the za'atar, garlic, salt and pepper and marinate for 20 to 30 minutes.

In the meantime, bring 350 ml vegetable stock to a boil in a small saucepan. Place the couscous in large, heat-resistant bowl and pour boiling stock over the top. Stir well and cover immediately with plastic film. Let stand for about 5 minutes until all the liquid has been absorbed. Fluff the grains with a fork.

Cut the pomegranate in half and remove the seeds. Section the orange and cut into pieces, saving any juice. Clean and rinse the green onions and chop into fine rings. Rinse the herbs, shake dry and chop finely. Add all these ingredients to the couscous and season to taste with salt and pepper. Season the yogurt with salt and pepper.

Place the grill plate on the induction hob and heat at power level 7. Remove the lamb chops from the marinade and grill them for 2-3 minutes on each side. Serve with couscous and yogurt.