



SPOTLIGHT RECIPE

PAN-ROASTED LAMB CHOPS

COUSCOUS AND HONEY BUTTERNUT SQUASH PUREE

The sear on the lamb chops creates a flavorful, slightly crispy herb crust or caramelized exterior. This dish combines the chewy, nutty texture of couscous with a smooth, honey-infused butternut squash puree to create a balance of savory and sweet autumnal flavors.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

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INGREDIENTS

- 18 lamb chops
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons thyme, chopped
- 2 teaspoons rosemary, chopped
- 8 garlic cloves, minced
- 2 cups hot water
- 2 cups couscous, Israeli
- 4 pounds butternut squash, halved and seeded
- 2 teaspoons olive oil
- 4 teaspoons honey
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup heavy cream

DIRECTIONS

Season the lamb with 1 teaspoon salt, 1 teaspoon pepper, thyme, rosemary and garlic on both sides.

Heat a sautéed pan over medium heat until hot.

Sear the lamb for 4 minutes until a deep golden crust forms. Flip and sear the other side for 4 minutes. Cook to 135 F to 145 F.

In a bowl, add the couscous to the hot water, cover and set aside for 10 to 15 minutes.

Preheat the oven to 400 F.

Place the squash halves cut-side up on a baking sheet, brush with the olive oil and season with salt and pepper.

Roast for 45 to 55 minutes. When done, add the butternut squash to a food processor. Add the honey, 1 teaspoon salt, 1 teaspoon pepper and the cream. Pulse until silky smooth.

