

Lamb with Orange-Fennel Salad



Makes:

12 servings

Utensil:

Saladmaster Food Processor
1 Qt./9 L Sauce Pan with Cover
11" Large Skillet with Cover
7" Santoku Knife

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Recipe:

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2 tablespoons
fresh chives, chopped
(6
g)
Orange zest

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place lamb in skillet and reduce heat to medium-low. Allow to cook until meat releases from the pan, approximately 4 minutes. Turn and cook other side, approximately 4 more minutes.
2. In sauce pan, add orange juice and fennel; heat on medium. When bubbles appear, reduce heat to low and simmer uncovered for 15 minutes.
3. Stir in salt, butter, chili peppers and cumin. Continue to simmer for 5 minutes.
4. Using a cutting board, slice cooked lamb ¼-inch pieces. Arrange lamb slices on plate and spoon orange-fennel mixture over lamb. Sprinkle with chives, cilantro and orange zest. Serve immediately.

Tips:

- If lamb is thickly cut, have the butcher cut lamb into thinner slices or you can do it at home yourself.
- Fennel is also called Anise.

Nutritional Information per

▼ Serving

Calories: 230
Total Fat: 15g
Saturated Fat: 6g
Cholesterol: 67mg
Sodium: 179mg
Total 6g
Carbs:

Dietary Fiber: 1g
Sugar: 2g
Protein: 18g
