



KCAL*
521

NUTRITIONAL INFORMATION (by ration)

| | |
|------|---------------------|
| 25 | Protein |
| 39,5 | Carbs |
| 28,5 | Total fat |
| 7,5 | Saturated fat |
| 12,4 | Monounsaturated fat |
| 2,7 | Polysaturated fat |
| 0,08 | Cholesterol |
| 3,3 | Fiber |
| 0,33 | Sodium |

ALLERGENS
gluten

* Kcal by ration



60'



4 PAX

DIFFICULTY
MEDIUM



LACTOSE FREE



MEAT

LAMB, COUSCOUS AND OLIVES

PONS

USE:



**PONS SELECCIÓN
FAMILIAR**
EV00 Arbequina



**PONS BALSAMIC
VINNEGAR "NONNO"**
Balsamic Vinegar

PAIR:



ALGÉS
Black wine



ROC DE FOC
White wine

INGREDIENTS

- 1 Lamb loin (400 g with skin and fat)
- 200 g Cous-cous
- 250 ml Chicken broth
- 50 g Pitted black olives (Kalamata)
- 10 ml Pons Selección Familiar Arbequina
- 10 ml Pons Rosemary Infused Oil
- 5 g Orange peel, cut into fine strips
- 1 Sprig of rosemary
- 1 Sprig of cinnamon
- Salt
- Pepper

UTENSILS



Sauté



Oven



Tray



Knife

OBSERVATIONS

To cook the loin to the diner's taste, the following temperatures should be noted:

- Rare: 55 °C
- Medium-rare: 59 °C
- Medium: 62 °C

ELABORATION

- Score the surface of the fatty part of the loin to create rhombus shapes, as with the magret.
- Brush the loin with the Pons Arbequina Family Selection Oil and salt and pepper.
- In a pan on low heat, score the fatty part of the loin until it dissolves and takes on a lovely golden colour. This process may take 6-8 minutes depending on the thickness of the meat.
- Turn the meat over and continue to sauté for 4 more minutes on low heat.
- Once the meat has browned, let sit for 8 minutes on a tray and set aside until warming in the oven before serving.
- While the lamb is sitting, cut the Kalamata olives in half and make the couscous.

For the couscous:

- Put the couscous in a pan, drizzle it with Pons Arbequina Family Selection Oil and salt and pepper.
- Add the orange peel, black olives, rosemary and cinnamon. Stir the couscous.
- Pour the boiling chicken broth onto the couscous (spreading evenly).
- Cover the pan with plastic wrap and let sit for 5 minutes while the couscous absorbs the broth.
- After 5 minutes, stir the couscous with two spoons and cover again with plastic wrap to sit for 5 more minutes. After 5 minutes, stir again.

Finishing touches:

- Put the lamb loin in the oven, preheated to 180 °C, for 5 minutes. If a thermometer is available, the central temperature of the loin may be measured, which, when ready, should reach 65 °C.
- Put the couscous in the centre of the serving platter.
- Place lamb loin cuts on top.
- Drizzle with Pons Arbequina Family Selection Oil.
- A few drops of Nonno Balsamic Vinegar over the lamb are fantastic on this dish.

🔥 Medium heat 🔥 Low heat