

# Marinated lamb chops with garlic and balsamic vinegar, candied lemon tabouleh and asparagus bruschetta

Recipe for 4

## Description

Une recette aux parfums méditerranéens; couscous, vinaigre Balsamique, tomates, ail, citron confit...

## Ingredients

### Lamb

- 12 Unit(s) Quebec lamb chops
- 2 Sprig(s) Thyme
- 200 Ml Balsamic vinegar
- 100 Ml Soy sauce
- 2 Clove(s) Garlic
  
- Salt and pepper
- Olive oil

### Couscous

- 1 Cup(s) Couscous
- 1 Cup(s) Chicken stock
- 1 Unit(s) Preserve lemon
- 2 Sprig(s) Parsley
- 2 Gr Curcuma
- 1 Unit(s) Lemon
- 2 Gr Cumin powder
  
- Salt and pepper
- Olive oil

### Asparagus bruschetta

- 16 Unit(s) Green asparagus
- 1 Unit(s) Shallot
- 1 Unit(s) Italian tomatoes
- 1 Sprig(s) Basil
- 30 Ml Balsamic vinegar
  
- Salt and pepper
- Olive oil

## Preparation

- Preparation time **45 mins**
- Preheat your **barbecue** at **500 F°**
- Resting time **60 mins**

### Preparation

Peel and mince the garlic. Mince the parsley. Remove the seeds from the confit lemon and then mince them. Prepare the asparagus, peeling if necessary. Slice the shallots and basil. Zest and juice the lemon.

### Lamb

In a mixing bowl, combine the lamb as well as the rest of the marinade ingredients. Combine well and then cover and let sit for 1 hour. Remove the lamb from the marinade and remove excess so that they are not too wet.

On your pre-heated barbecue, sear the lamb for about 2 minutes on each side. Then finish cooking on indirect heat for another 6-10 minutes. You want the internal temperature to reach 50 C. Let the meat rest for 2 minutes before serving.

### Tabouleh Salad

Combine the couscous with the spices, a pinch of salt and a drizzle of olive oil. Bring the chicken broth to a boil and then pour directly on the raw couscous. Cover and let sit for 5 minutes. Fluff the cooked couscous with a fork. Add the rest of the tabouleh ingredients and then season to taste.

### Asparagus bruschetta

Blanch the asparagus in salted boiling water for 2 minutes. Strain and let cool. Cut the tomatoes and asparagus into small cubes. In a mixing bowl, combine the tomatoes, asparagus, balsamic vinegar, basil, shallots and a generous drizzle of olive oil. Season to taste with salt and pepper.

**Bon appétit!**