

DINNER

Big M's Grilled Orange Lamb Kabobs

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	30 min	30 min	8	\$4.67	379 kcal

The recipe Big M's Grilled Orange Lamb Kabobs can be made in roughly 1 hour. This recipe makes 8 servings with 379 calories, 29g of protein, and 10g of fat each. For \$4.67 per serving, this recipe covers 27% of your daily requirements of vitamins and minerals. 4 people found this recipe to be tasty...

Ingredients

- ☐ 1 hot chile pepper, minced
- ☐ 1 bunch fresh cilantro
- ☐ 6 orange, peeled, sectioned, and cut into bite-size pieces
- ☐ 2/3 cup orange liqueur
- ☐ 1 1/3 cups coriander seeds
- ☐ 2 1/4 pounds lean lamb meat, cubed
- ☐ 4 1/4 cups fresh orange juice

EQUIPMENT Bowl, Sauce pan, Grill, Skewers, Mortar and pestle

Method

- 1

Place lamb meat into a large nonmetallic bowl. Grind the coriander seed in a mortar and pestle, and rub into the meat.
- 2

Pour orange juice and orange liqueur over meat, and mix in minced chile pepper and chopped orange. Cover, and refrigerate for 24 hours. Turn the meat over every couple of hours.
- 3

Preheat grill for medium heat.

- 4 Remove the lamb and orange pieces from marinade, and transfer marinade to a small saucepan. Set marinade aside. Thread the cubes of lamb on skewers, alternating with pieces of orange, and starting and finishing with a piece of orange.
- 5 Place saucepan with marinade on the grill, and bring to the boil. Continue boiling until reduced to a sticky but fluid sauce.
- 6 Once the marinade has come to the boil, place the skewers on the grill. Cook slowly until slightly charred, and cooked to your preference.
- 7 Transfer skewers to a warm dish, and cover for 5 minutes.
- 8 Serve with the orange sauce, garnished with sprigs of fresh cilantro.

Nutrition per serving

379

KCAL

29 g

PROTEIN

10 g

FAT

39 g

CARBS

Saturated Fat	2.6 g · 16% of daily needs
Fibre	8.3 g · 33% of daily needs
Sugar	26.9 g · 30% of daily needs
Sodium	91.5 mg · 4% of daily needs
Cholesterol	82.9 mg · 28% of daily needs
Vitamin C	129 mg · 157% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/big-ms-grilled-orange-lamb-kabobs-148222