



Chimichurri Seekh Kabab

 Gluten Free

READY IN



105 min.

SERVINGS



18

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cashew pieces chopped
- 0.3 cup cilantro leaves fresh packed plus more for garnish
- 1.8 teaspoons garam masala
- 1 teaspoon garlic minced
- 2 cloves garlic peeled
- 0.5 teaspoon ground cumin
- 2.5 pounds lamb
- 0.5 teaspoon ground nutmeg

- 1 juice of lemon
- 0.5 cup olive oil
- 1 cup parsley fresh italian packed
- 2 onions red finely chopped
- 0.8 teaspoon pepper dried red crushed
- 0.3 cup red wine vinegar
- 2 teaspoons rock salt finely
- 0.5 teaspoon salt
- 2 tablespoons butter unsalted melted

Equipment

- food processor
- baking sheet
- oven
- grill
- skewers

Directions

- Special equipment: 18 sugarcane skewers
- Combine the parsley, olive oil, vinegar, cilantro, crushed red pepper, cumin, salt and garlic in a food processor. Process until well blended.
- Let stand for at least 1 hour for the flavors to blend.
- For the kebabs: Preheat the oven to 400 degrees F.
- Combine 1/2 cup of the chimichurri with the lamb, cashews, rock salt, 3/4 teaspoon garam masala, the garlic, nutmeg and onions. Knead to combine thoroughly.
- Pat the mixture evenly onto the skewers with moist hands and shape into kebabs.
- Place the kebabs on 2 baking sheets and bake for 8 minutes. Baste with the melted butter, and then continue to cook until completely cooked through, about 8 more minutes. Alternatively, the kebabs can be grilled over medium-high heat until slightly charred on all sides and cooked through, 10 to 12 minutes. Baste the kebabs with the melted butter when

they come off the grill.

Sprinkle the kebabs with the remaining chaat masala and the lemon juice and serve hot with the chimichurri on the side.

Garnish with chopped cilantro.

Nutrition Facts

 **PROTEIN 20.64%**  **FAT 75.29%**  **CARBS 4.07%**

Properties

Glycemic Index:13.96, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:9.6434780903485%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 215.17kcal (10.76%), Fat: 17.81g (27.4%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.69g (0.76%), Cholesterol: 49.33mg (16.44%), Sodium: 365mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Vitamin K: 58.98µg (56.17%), Vitamin B12: 1.46µg (24.3%), Vitamin B3: 3.85mg (19.23%), Selenium: 12.24µg (17.49%), Zinc: 2.29mg (15.25%), Phosphorus: 113.35mg (11.34%), Vitamin B2: 0.14mg (8.36%), Iron: 1.38mg (7.66%), Vitamin C: 6.23mg (7.56%), Vitamin A: 360.53IU (7.21%), Vitamin B6: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.66%), Potassium: 193.37mg (5.52%), Copper: 0.1mg (5.14%), Magnesium: 20.29mg (5.07%), Folate: 19.61µg (4.9%), Vitamin B5: 0.46mg (4.56%), Manganese: 0.07mg (3.44%), Vitamin E: 0.41mg (2.76%), Calcium: 20.8mg (2.08%), Fiber: 0.46g (1.84%)