



Grilled Cumin-Lamb Pitas with Couscous and Yogurt

READY IN



45 min.

SERVINGS



6

CALORIES



648 kcal

Ingredients

- ☐ 0.7 cup couscous
- ☐ 0.5 cucumber seeded chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 garlic clove pressed
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2.3 pounds lamb loins boneless trimmed cut into 1-inch cubes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.5 small onion halved thinly sliced
- ☐ 6 6-inch wholewheat pita breads
- ☐ 1.5 cups yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 1 tomatoes ripe chopped
- ☐ 1 cup water

Equipment

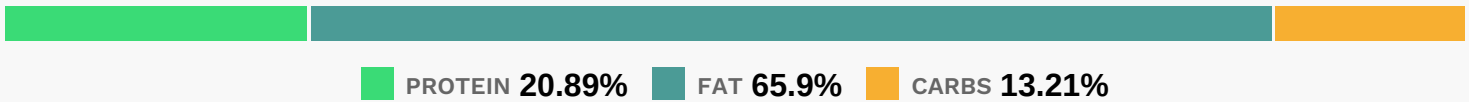
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers
- ☐ cheesecloth
- ☐ metal skewers

Directions

- ☐ Set strainer over large bowl. Line strainer with 2 layers of cheesecloth (do not let strainer touch bottom of bowl). Spoon yogurt into strainer.
- ☐ Let stand at room temperature 1 hour (liquid will drain out and yogurt will thicken; discard liquid).
- ☐ Mix yogurt, garlic and lemon juice in small bowl. Season to taste with salt.
- ☐ Rub cumin and coriander over lamb pieces. Thread lamb onto 6 metal skewers. (Yogurt and lamb can be prepared 4 hours ahead. Cover separately and chill.)
- ☐ Combine 1 cup water and 1/4 teaspoon salt in medium saucepan. Bring to boil.
- ☐ Add couscous.
- ☐ Remove from heat. Cover; let stand until liquid is absorbed, about 5 minutes.
- ☐ Transfer couscous to large bowl; fluff with fork. Cool to room temperature. Stir in chopped cucumber, tomato, onion, olive oil and fresh dill. Season with salt and pepper.

- ☐ Prepare barbecue (medium-high heat). Grill lamb to desired doneness, turning frequently, about 10 minutes for medium-rare.
- ☐ Transfer to platter.
- ☐ Sprinkle with salt. Grill pitas until heated through and lightly toasted, about 1 minute per side.
- ☐ Place 1 pita on each of 6 plates.
- ☐ Spread yogurt mixture evenly over pitas. Spoon couscous down center of pitas. Slide lamb off skewers onto couscous.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:10.6, Inflammation Score:-4, Nutrition Score:20.801304464755%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 647.93kcal (32.4%), Fat: 46.92g (72.18%), Saturated Fat: 19.31g (120.7%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19.42g (7.06%), Sugar: 4.07g (4.53%), Cholesterol: 132.13mg (44.04%), Sodium: 238.05mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.93%), Vitamin B12: 4.16µg (69.26%), Vitamin B3: 11.06mg (55.31%), Selenium: 33.65µg (48.07%), Zinc: 6.48mg (43.22%), Phosphorus: 377.26mg (37.73%), Vitamin B2: 0.48mg (28.05%), Iron: 3.56mg (19.79%), Potassium: 620.54mg (17.73%), Vitamin B1: 0.26mg (17.64%), Vitamin B5: 1.68mg (16.82%), Vitamin B6: 0.32mg (15.75%), Magnesium: 62.04mg (15.51%), Manganese: 0.29mg (14.31%), Copper: 0.28mg (13.88%), Calcium: 125.79mg (12.58%), Vitamin K: 12.55µg (11.95%), Folate: 47.47µg (11.87%), Vitamin E: 1.2mg (7.97%), Vitamin C: 5.86mg (7.1%), Fiber: 1.74g (6.98%), Vitamin A: 268.52IU (5.37%), Vitamin D: 0.23µg (1.54%)