



Grilled Lamb Kofta Kebabs with Pistachios and Spicy Salad Wrap

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch flat-leaf parsley fresh leaves picked
- 2 tablespoons thyme leaves fresh
- 1 level tablespoon ground chili pepper
- 1 level tablespoon ground cumin
- 1 pound neck fillet of lamb trimmed chopped
- 1 optional: lemon
- 4 lemon zest finely grated canned

- 1 small bunch mint leaves fresh leaves picked
- 4 servings olive oil extra-virgin
- 1 handful a pistachio nuts good shelled
- 4 tablespoons yogurt plain
- 1 onion red peeled very finely sliced
- 3 handfuls a few salad leaves mixed shredded dry such as romaine, endive and arugula, washed, spun and
- 4 servings sea salt and pepper black freshly ground
- 4 large tortilla wraps

Equipment

- food processor
- bowl
- frying pan
- grill
- broiler
- skewers

Directions

- Place the lamb in a food processor with most of the thyme, chili, cumin and sumac (reserving a little of each for sprinkling over later), a little salt and pepper and all the pistachios.
- Put the lid on and keep pulsing until the mixture looks like ground meat.
- Divide the meat into 4 equal pieces and get yourself 4 skewers. With damp hands, push and shape the meat around and along each skewer. Press little indents in the meat with your fingers as you go – this will give it a better texture when cooked.
- In a bowl, mix the salad leaves and mint. In another bowl, combine the sliced onion with a good pinch of salt and pepper and a squeeze of lemon juice (the acidity will take the edge off and lightly pickle the raw onion). Scrunch this all together with your hands, then mix in the parsley leaves.
- Grill the kebabs until nicely golden on all sides. Dress your salad leaves and mint with a splash of extra-virgin olive oil, a squeeze of lemon juice and some salt and pepper. Meanwhile, warm

the flatbreads for 30 seconds on the griddle pan or under the broiler, then divide between plates and top each with some dressed salad leaves and onion. When your kebabs are cooked, slip them off their skewers onto the flatbreads – you can leave them whole or break them up as I've done here.

- Sprinkle with the rest of the sumac, cumin, chili and fresh thyme, and a little salt and pepper. Now either toss the salads, grilled meat and juices together on top of the flatbreads and drizzle with some of the yogurt before rolling up and serving; or let your friends toss theirs together at the table, then dress and roll up their own, drizzled with some extra-virgin olive oil.
- "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts

 PROTEIN **16.07%**  FAT **67.08%**  CARBS **16.85%**

Properties

Glycemic Index:59.38, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:27.295217374097%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 30.86mg, Apigenin: 30.86mg, Apigenin: 30.86mg, Apigenin: 30.86mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 586.02kcal (29.3%), Fat: 44.1g (67.84%), Saturated Fat: 14.87g (92.92%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 20.89g (7.6%), Sugar: 4.28g (4.76%), Cholesterol: 85.38mg (28.46%), Sodium: 316.44mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Vitamin K: 248.72µg (236.88%), Vitamin C: 56.05mg (67.94%), Vitamin B12: 2.69µg (44.89%), Vitamin B3: 8.63mg (43.17%), Selenium: 28.91µg (41.3%), Vitamin A: 1791.45IU (35.83%), Zinc: 4.53mg (30.21%), Phosphorus: 298.96mg (29.9%), Iron: 5.13mg (28.48%), Vitamin B2: 0.42mg (24.62%), Folate: 94.64µg (23.66%), Vitamin B1: 0.34mg (22.41%), Manganese: 0.38mg (18.87%), Potassium: 573.79mg (16.39%), Vitamin E: 2.45mg (16.32%), Fiber: 4.04g (16.14%), Calcium: 150.95mg (15.1%), Vitamin B6: 0.29mg (14.64%), Magnesium: 56.87mg (14.22%), Copper: 0.24mg (11.99%), Vitamin

B5: 1.08mg (10.82%)