



Grilled Tandoori -Yogurt Marinated Lamb Shoulder with Grilled Onions and Green Beans

 Gluten Free

READY IN



465 min.

SERVINGS



10

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 tablespoons sesame seed black
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon coarse kosher salt
- ☐ 3 tablespoons garlic chopped
- ☐ 2 tablespoons ghee
- ☐ 1 pound green beans ends trimmed cut into 1-inch pieces

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground ginger
- ☐ 4 pound lamb shoulder boneless
- ☐ 1 lime zest juiced
- ☐ 3 limes cut in 1/2
- ☐ 2 onions with root end attached peeled quartered
- ☐ 2 tablespoons paprika
- ☐ 3 cups yogurt plain
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon turmeric
- ☐ 1 tablespoon coriander seeds whole
- ☐ 1 tablespoon cumin seeds whole

Equipment

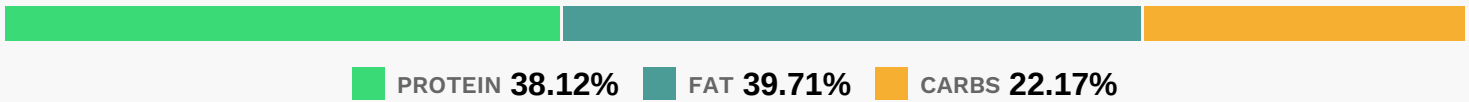
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Toast the coriander and the cumin in a saute pan over medium heat until the spices become fragrant and just begin to smoke, 2 minutes. Set the spices aside to cool and then blend them in a spice grinder.
- ☐ Combine the yogurt, lime, cumin, coriander, paprika, ginger, cinnamon, turmeric, cayenne, sugar, salt, and pepper in a medium bowl.
- ☐ Poke the lamb several times with a fork and place in a large resealable plastic bag with the garlic and the onions and pour in the yogurt mixture. Move the lamb around in the bag to coat completely and place in the refrigerator to marinate for 4 to 6 hours.

- ☐ Remove the lamb and the onions from the marinade and let sit at room temperature for about 20 minutes. Discard the marinade.
- ☐ Heat the grill to high, sear all sides of the lamb and adjust grill to indirect heat, about 350 degrees F. Grill the lamb for about 45 minutes per side for medium. When the lamb is cooked, remove it to a platter to rest for 15 minutes before cutting.
- ☐ Add the onions and the lime halves to the grill and cook until caramelized and tender, about 10 minutes.
- ☐ Remove the onions and the limes from the grill and set aside.
- ☐ Bring a large pot of salted water to a boil over high heat, add the green beans and cook for 2 minutes.
- ☐ Remove from the pot to an ice bath to stop the cooking.
- ☐ Drain on a paper towels.
- ☐ Heat a large skillet over low heat and add the ghee and the green beans and allow to cook through. Squeeze the juice of 1/2 a grilled lime over the top, toss to coat and transfer to a platter.
- ☐ Garnish with the sesame seeds.
- ☐ Slice the lamb and plate with the green beans and onions.
- ☐ Garnish with the remaining grilled limes.

Nutrition Facts



Properties

Glycemic Index:38.51, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:21.7617392229%

Flavonoids

Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg, Hesperetin: 11.52mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 282.07kcal (14.1%), Fat: 12.78g (19.66%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 12.37g (4.5%), Sugar: 7.71g (8.57%), Cholesterol: 90.39mg (30.13%), Sodium: 817.6mg (35.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.2%), Vitamin B12: 3.32µg (55.4%), Selenium: 29.48µg (42.11%), Vitamin B3: 7.66mg (38.3%), Zinc: 5.65mg (37.7%), Phosphorus: 336.56mg (33.66%), Vitamin B2: 0.46mg (26.85%), Manganese: 0.54mg (26.84%), Vitamin A: 1142.43IU (22.85%), Iron: 3.99mg (22.18%), Vitamin K: 22.22µg (21.16%), Vitamin C: 16.38mg (19.85%), Potassium: 684.16mg (19.55%), Vitamin B6: 0.38mg (19.12%), Calcium: 170.69mg (17.07%), Magnesium: 67.6mg (16.9%), Vitamin B1: 0.24mg (16.16%), Copper: 0.3mg (15.07%), Fiber: 3.68g (14.72%), Folate: 56.58µg (14.15%), Vitamin B5: 1.36mg (13.57%), Vitamin E: 1.02mg (6.82%)