



Harissa lamb & pepper kebabs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp harissa
- ☐ 400 g lamb loins trimmed chopped
- ☐ 2 large bell pepper red chopped
- ☐ 2 onion red cut into 8 wedges through the root so the wedges don't fall apart
- ☐ 250 g couscous plain
- ☐ 1 tbsp olive oil

Equipment

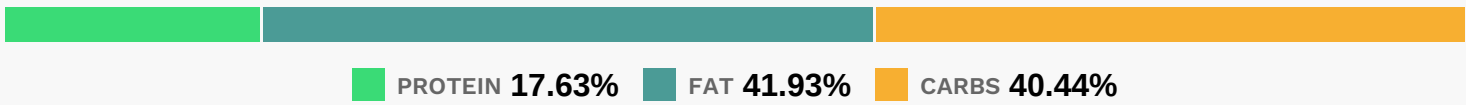
- ☐ bowl

- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Heat the grill. In a large bowl, mix the harissa with the oil, then tip in the lamb, peppers and onions.
- ☐ Add some salt and pepper and toss everything together to coat well.
- ☐ Thread the lamb, peppers and onions evenly onto 8 skewers and place on a baking tray. Scrape over any leftover marinade.
- ☐ Grill for 8–10 mins, turning frequently and basting with any of the juices that run off. Meanwhile, prepare the couscous following pack instructions. Divide the couscous between 4 plates, top with a couple of skewers each and drizzle over any pan juices.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:31.59, Inflammation Score:-9, Nutrition Score:25.077826041242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 598.16kcal (29.91%), Fat: 27.63g (42.51%), Saturated Fat: 10.82g (67.63%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 54g (19.64%), Sugar: 6.77g (7.53%), Cholesterol: 73mg (24.33%), Sodium: 171.3mg (7.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin C: 110.23mg (133.61%), Vitamin A: 2619.52IU (52.39%), Vitamin B3: 9.13mg (45.64%), Vitamin B12: 2.31µg (38.5%), Manganese: 0.67mg (33.46%), Phosphorus: 304.42mg (30.44%), Zinc: 4.24mg (28.26%), Selenium: 19.24µg (27.48%), Vitamin B6: 0.52mg (25.77%), Fiber: 5.96g (23.85%), Vitamin B2: 0.35mg (20.5%), Folate: 79.35µg (19.84%), Vitamin B1: 0.29mg (19.21%),

Vitamin B5: 1.75mg (17.54%), Potassium: 606.85mg (17.34%), Magnesium: 64.74mg (16.18%), Iron: 2.77mg (15.4%),
Copper: 0.3mg (15.03%), Vitamin E: 2.15mg (14.36%), Vitamin K: 10.34µg (9.84%), Calcium: 50.92mg (5.09%)