



Indian Curry Lamb Skewers with Mint-Grilled Nectarine Chutney with Pita

 Dairy Free

READY IN



88 min.

SERVINGS



4

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ancho chili powder
- 1 teaspoon peppercorns whole black
- 2 teaspoons brown mustard seeds
- 0.3 cup brown sugar
- 0.3 cup canola oil
- 4 servings canola oil
- 0.3 cup coriander seeds

- 2 tablespoons cumin seeds
- 1 inch ginger fresh finely grated
- 1 inch ginger fresh grated
- 3 tablespoons mint leaves fresh finely chopped
- 1 clove garlic finely chopped
- 3 cloves garlic finely chopped
- 0.3 cup golden raisins
- 4 servings kosher salt
- 1.5 pounds lamb shoulder boneless cut into 1-inch dice
- 1 teaspoon mustard seeds whole
- 4 nectarines pitted halved
- 4 servings olive oil for drizzling
- 4 pita breads with pockets
- 1 small onion red halved thinly sliced
- 4 servings salt and pepper black freshly ground
- 1 serrano chile diced finely
- 2 teaspoons turmeric
- 3 tablespoons coconut oil unsweetened
- 0.3 cup citrus champagne vinegar
- 0.5 cup citrus champagne vinegar
- 6 inch wooden skewers cold for 20 minutes
- 6 inch wooden skewers cold for 20 minutes

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill

skewers

Directions

- Watch how to make this recipe.
- Heat the grill to high.
- Brush the nectarines with oil and season with salt and pepper. Grill, cut side down until lightly golden brown, about 3 minutes. Turn the nectarines over and grill until just cooked through, about 2 minutes longer.
- Remove from the grill and coarsely chop.
- Heat 2 tablespoons of oil in a medium saucepan on the grates of the grill.
- Add the onion and cook until soft.
- Add the chile, garlic, ginger and mustard seeds and cook for 1 minute.
- Add the vinegar and sugar and cook until the sugar dissolves and the mixture thickens slightly. Stir in the nectarines and cook for 1 minute, season with salt and pepper.
- Transfer to a bowl, cool, and stir in the raisins, coconut and mint.
- Let cool to room temperature before serving.
- Heat the grill to high.
- Combine the coriander, cumin, mustard seeds and black peppercorns in a small skillet on the grates of the grill and grill until lightly toasted, about 1 1/2 minutes, stirring a few times; transfer to a coffee grinder and process until finely ground and place in a bowl.
- Add the ancho, turmeric, garlic, ginger, 1/4 cup canola oil and vinegar and whisk until it forms a paste. If the mixture is too dry, add a few tablespoons of water to loosen it to a paste.
- Place lamb in a large bowl, add the curry paste and toss to coat each piece of lamb. You can grill immediately or cover and refrigerate for up to 4 hours to allow the flavors to intensify.
- Skewer 2 pieces of lamb onto 2 skewers so that the meat lays flat on the grill. Season both sides of the lamb with salt and grill until golden brown and slightly charred on both sides and cooked to medium-rare doneness, 2 to 3 minutes per side.
- Drizzle with olive oil and serve with pita bread and chutney.

Nutrition Facts



■ PROTEIN 13.61% ■ FAT 52.63% ■ CARBS 33.76%

Properties

Glycemic Index:96.92, Glycemic Load:38.78, Inflammation Score:-10, Nutrition Score:29.47869591091%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 895.96kcal (44.8%), Fat: 53.34g (82.06%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 76.99g (25.66%), Net Carbohydrates: 68.33g (24.85%), Sugar: 31.73g (35.25%), Cholesterol: 68.58mg (22.86%), Sodium: 623.83mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.09%), Vitamin E: 8.64mg (57.59%), Manganese: 1.14mg (56.8%), Vitamin B3: 9.99mg (49.95%), Vitamin B12: 2.86µg (47.69%), Iron: 7.66mg (42.54%), Selenium: 29.28µg (41.83%), Zinc: 6.01mg (40.04%), Phosphorus: 379.55mg (37.96%), Fiber: 8.66g (34.65%), Vitamin K: 35.26µg (33.58%), Copper: 0.56mg (28.12%), Potassium: 960.9mg (27.45%), Magnesium: 107.96mg (26.99%), Vitamin B1: 0.4mg (26.35%), Vitamin B2: 0.42mg (24.92%), Vitamin B6: 0.41mg (20.42%), Vitamin A: 987.03IU (19.74%), Calcium: 181.55mg (18.15%), Folate: 61.22µg (15.3%), Vitamin B5: 1.42mg (14.24%), Vitamin C: 11.3mg (13.7%)