



Lamb Kebabs with Pomegranate Glaze

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 Handful cilantro leaves fresh
- ☐ 1 large cucumber english grated
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 4 sprigs mint leaves fresh
- ☐ 0.3 teaspoon garam masala
- ☐ 1 clove garlic minced
- ☐ 2 large cloves garlic

- ☐ 3 quarter-size ginger
- ☐ 1 pound lamb
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 lemon zest
- ☐ 4 servings oil for drizzling
- ☐ 4 servings lots of pepper freshly ground
- ☐ 1 cup yogurt plain
- ☐ 4 tablespoons pomegranate molasses
- ☐ 2 medium shallots

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stove
- ☐ skewers

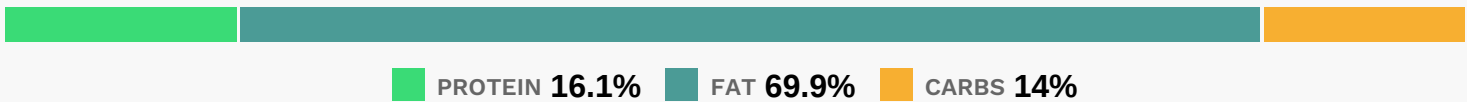
Directions

- ☐ Special equipment: Food processor if you have it, 8 bamboo skewers, stovetop griddle or big nonstick pan or outside grill
- ☐ For the lamb: Bring the lamb to room temperature. If you're going to cook your kebabs on the grill, soak bamboo skewers in water for at least 30 minutes, so they don't burn. Grab your food processor. You can chop all this by hand too; just make sure to chop it all up very finely. Throw the ginger, garlic, shallots, lemon zest, mint, cilantro and salt into the processor. Grind until very finely chopped. Throw the lamb into a big bowl.
- ☐ Add the shallot mixture, 2 tablespoons pomegranate molasses, baking soda, garam masala if using and pepper to the meat. Using your hands, knead 2 to 5 minutes until the meat lightens in color, taking on the appearance of knitted fabric. It will also be very sticky. Perfect! Divide the meat in half, then in half again and then half again, until you have 8 mounds. Have a platter

ready for your completed kebabs.

- ☐
- Drizzle a little oil on the platter so the kebabs don't stick. Have your bamboo skewers standing by. Take one ball of meat and roll it into a short stump. Thread the skewer through it, and then begin shaping the kebab with quick strokes, pulling the meat down. It should be a little over 1/4-inch thick.
- ☐
- Roll the kebab between your hands to seal the meat. Repeat. Preheat a griddle over medium heat, drizzling oil over it, so that when it starts to smoke, you'll know it's ready. Meanwhile, mix the juice of half the lemon with the remaining 2 tablespoons pomegranate molasses in a small bowl. When it's hot, place the skewers on the grill. Cook about 2 minutes, then turn a quarter of the way.
- ☐
- Brush with the lemon-molasses glaze and cook another 2 minutes. Continue in this way until you've cooked the meat 8 to 10 minutes.
- ☐
- Mix the yogurt, mint, cucumber and garlic together. Season with salt and pepper, and serve alongside the kebabs.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:16.959565167842%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 552.84kcal (27.64%), Fat: 42.74g (65.76%), Saturated Fat: 13.92g (87.02%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.83g (6.48%), Sugar: 12.27g (13.64%), Cholesterol: 90.74mg (30.25%), Sodium: 867.5mg (37.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Vitamin B12: 2.85µg (47.44%), Vitamin B3: 7.04mg (35.18%), Selenium: 23.42µg (33.46%), Zinc: 4.52mg (30.15%), Vitamin K: 29.89µg (28.47%), Phosphorus: 270.32mg (27.03%), Vitamin B2: 0.37mg (21.7%), Vitamin E: 2.79mg (18.58%), Potassium: 558.48mg (15.96%), Vitamin B6: 0.29mg (14.27%), Iron: 2.44mg (13.56%), Calcium: 125.81mg (12.58%), Vitamin B5: 1.25mg (12.54%), Magnesium: 49.83mg (12.46%), Vitamin B1: 0.18mg (12.04%), Manganese: 0.23mg (11.46%), Folate: 39.67µg (9.92%), Copper: 0.2mg (9.87%), Vitamin C: 7.69mg (9.32%), Vitamin A: 357.55IU (7.15%), Fiber: 1.44g

(5.77%), Vitamin D: 0.17µg (1.16%)