



Ras El Hanout Marinated Lamb Shawarma with Red Pepper-Walnut Tahini Sauce

READY IN



335 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup canola oil
- 0.1 teaspoon cayenne powder
- 8 cloves garlic chopped
- 0.3 cup greek yogurt
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 8 servings kosher salt and pepper black freshly ground
- 4 pounds leg of lamb boneless trimmed
- 8 servings syrian pita bread for serving
- 4 bell peppers red peeled seeded chopped
- 0.5 onion red roughly chopped
- 0.3 cup red wine vinegar
- 2 tablespoons red wine vinegar
- 1 pinch saffron threads
- 0.3 cup tahini
- 0.8 cup walnuts toasted chopped

Equipment

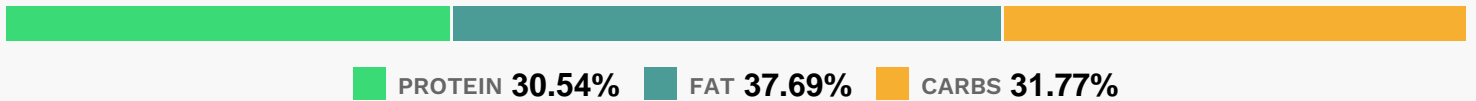
- food processor
- blender
- grill
- kitchen thermometer

Directions

- Combine the canola oil, vinegar, cardamom, coriander, ginger, cinnamon, nutmeg, allspice, cloves, saffron, garlic, onions, 1 teaspoon salt, 1/2 teaspoon pepper and 1/4 cup water in a blender and blend until smooth.
- Place the lamb in a dish large enough to hold the lamb and the marinade.
- Pour the marinade over and turn to coat. Cover and let marinate in the refrigerator for at least 4 hours and up to 24 hours.
- Combine the walnuts, tahini, yogurt, vinegar, cumin, cayenne, bell peppers and some salt and pepper in a food processor and process until smooth.

- Remove the lamb from the refrigerator 30 minutes before grilling, and let sit at room temperature.
- Heat a charcoal grill for indirect heat.
- Remove the lamb from the marinade and pat dry.
- Sprinkle on both sides with salt and pepper. Grill until charred on both sides and cooked to medium (140 degrees F on an instant-read thermometer), about 30 minutes.
- Remove from the grill and let rest for 15 minutes.
- Slice into paper-thin slices across the grain.
- Place several slices of the meat in each pita and drizzle with the red pepper sauce.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:30.44, Inflammation Score:-9, Nutrition Score:31.820869528729%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 510.91kcal (25.55%), Fat: 21.44g (32.98%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 36.53g (13.28%), Sugar: 3.37g (3.74%), Cholesterol: 91.76mg (30.59%), Sodium: 398.61mg (17.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.17%), Vitamin C: 78.3mg (94.91%), Vitamin B12: 3.9µg (65.03%), Vitamin B3: 11.32mg (56.6%), Selenium: 38.06µg (54.38%), Manganese: 1.05mg (52.59%), Phosphorus: 461.99mg (46.2%), Zinc: 6.93mg (46.19%), Vitamin A: 1887IU (37.74%), Vitamin B1: 0.55mg (36.78%), Vitamin B2: 0.51mg (30.18%), Copper: 0.6mg (30.13%), Vitamin B6: 0.56mg (27.96%), Iron: 4.66mg (25.88%), Folate: 93.85µg (23.46%), Magnesium: 90.48mg (22.62%), Potassium: 739.56mg (21.13%), Fiber: 4.13g (16.53%), Vitamin B5: 1.55mg (15.53%), Vitamin E: 1.85mg (12.32%), Calcium: 103.81mg (10.38%), Vitamin K: 5.61µg (5.34%)