



Sardinian Lamb Kabobs over Couscous



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds cauliflower cut into small florets
- ☐ 1.8 cups chicken broth low-sodium homemade canned
- ☐ 1.5 cups couscous
- ☐ 0.5 cup currants
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.8 teaspoon fresh-ground pepper black

- ☐ 1.5 pounds leg of lamb boneless cut into 1 1/2-inch cubes
- ☐ 4 tablespoons juice of lemon
- ☐ 8 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup pinenuts
- ☐ 2 teaspoons salt
- ☐ 1 cup tomatoes in purée thick canned crushed

Equipment

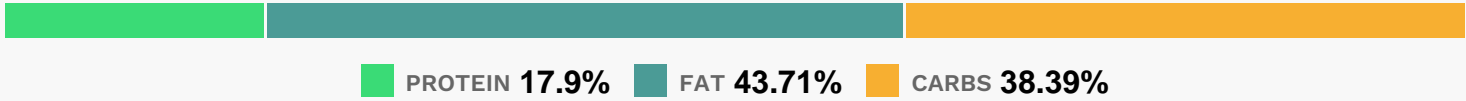
- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ skewers

Directions

- ☐ In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Light the grill or heat the broiler. In a glass dish or stainless-steel pan, combine the lamb, 6 tablespoons of the oil, the thyme, and 3 tablespoons of the lemon juice.
- ☐ In a large frying pan, heat the remaining 2 tablespoons oil over moderate heat.
- ☐ Add the onion and cook, stirring occasionally, until starting to brown, about 5 minutes.
- ☐ Add the cauliflower, garlic, and 1/4 teaspoon of the salt and cook, stirring occasionally, until the cauliflower is golden, about 10 minutes.
- ☐ Add the saffron, if using, 1 1/4 teaspoons of the salt, 1/2 teaspoon of the pepper, the tomatoes, broth, and currants. Simmer until the cauliflower is tender, about 5 minutes. Stir in the couscous and parsley. Bring to a simmer. Cover, remove from the heat, and let sit for 5 minutes. Stir in the pine nuts and the remaining 1 tablespoon lemon juice.
- ☐ Put the lamb on skewers.
- ☐ Sprinkle the kabobs with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill or broil the kabobs, turning and basting with the marinade, until the lamb is cooked to your taste, 6 to 8 minutes for medium rare.

- ☐
- Serve the skewers on the couscous.
- ☐
- Wine Recommendation: Cabernet sauvignons from Friuli and Collio are often dismissed because they're light-bodied; however, their herbaceous flavors make them perfect for these kabobs.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:37.33, Inflammation Score:-9, Nutrition Score:41.852608805117%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 850.29kcal (42.51%), Fat: 42.33g (65.12%), Saturated Fat: 6.67g (41.68%), Carbohydrates: 83.65g (27.88%), Net Carbohydrates: 74.24g (27%), Sugar: 18.74g (20.82%), Cholesterol: 68.58mg (22.86%), Sodium: 1401.76mg (60.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.99g (77.98%), Vitamin K: 119.54µg (113.85%), Vitamin C: 88.84mg (107.68%), Manganese: 2.12mg (106.02%), Vitamin B3: 12.74mg (63.71%), Phosphorus: 529.86mg (52.99%), Vitamin B12: 3µg (49.94%), Vitamin E: 6.31mg (42.04%), Zinc: 6.26mg (41.75%), Potassium: 1412.28mg (40.35%), Selenium: 27.23µg (38.9%), Vitamin B6: 0.76mg (38.18%), Copper: 0.75mg (37.7%), Fiber: 9.42g (37.66%), Folate: 147.36µg (36.84%), Iron: 6.38mg (35.47%), Magnesium: 134.64mg (33.66%), Vitamin B2: 0.54mg (31.55%), Vitamin B1: 0.47mg (31.35%), Vitamin B5: 2.83mg (28.27%), Calcium: 125.47mg (12.55%), Vitamin A: 485.15IU (9.7%)