



Spiced lamb koftas with mint & tomato salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack lamb mince lean
- ☐ 2 small simple preserved lemons seeds removed and skin finely chopped
- ☐ 10 olives green pitted finely chopped
- ☐ 1 small bunch parsley chopped
- ☐ 1.5 tbsp ras-el-hanout
- ☐ 1 tbsp vegetable oil
- ☐ 4 large tomatoes chopped
- ☐ 0.5 onion red very finely sliced

- ☐ 1 small bunch mint leaves leaves picked
- ☐ 0.5 juice of lemon
- ☐ 1 pinch sugar good

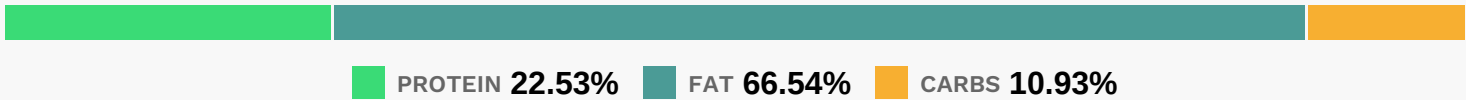
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ In a large bowl, combine the lamb mince, preserved lemon, olives, parsley, ras el hanout and some seasoning dont be too generous with the salt, as the preserved lemon and olives are both quite salty. Divide the mixture into 4 and shape each piece around a long skewer. Chill for 30 mins.
- ☐ Combine the ingredients for the salad with some seasoning and set aside.
- ☐ Heat the grill to high. Rub the oil over the koftas and wrap a little foil around the bottom of each skewer if youre using wooden ones.
- ☐ Place on a baking tray and grill for about 7 mins each side until nicely browned, checking the meat is cooked through to the centre.
- ☐ Serve with the tomato salad, a dollop of yogurt and some couscous or in wraps, if you like.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:16.528261003287%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg, Apigenin: 30.76mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 414.3kcal (20.71%), Fat: 31.41g (48.32%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 7.49g (2.72%), Sugar: 5.98g (6.65%), Cholesterol: 91.25mg (30.42%), Sodium: 270.7mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Vitamin K: 266.18µg (253.51%), Vitamin C: 46.72mg (56.63%), Vitamin A: 2830.65IU (56.61%), Iron: 3.96mg (22%), Manganese: 0.35mg (17.69%), Fiber: 4.13g (16.52%), Potassium: 567.74mg (16.22%), Folate: 58.21µg (14.55%), Vitamin E: 2.1mg (14%), Vitamin B6: 0.2mg (10.03%), Calcium: 90.08mg (9.01%), Magnesium: 35.71mg (8.93%), Copper: 0.16mg (8.09%), Vitamin B3: 1.41mg (7.07%), Vitamin B1: 0.09mg (6.2%), Phosphorus: 60.14mg (6.01%), Vitamin B2: 0.07mg (3.89%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.26mg (2.64%)