



 **68%**  
HEALTH SCORE

## Stuffed Kabocha Squash with Arabic Lamb Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

### Ingredients

- 2 tablespoons baharat spice mix
- 0.3 cup rice white rinsed
- 1.5 tablespoons chives sliced
- 3.5 lbs kabocha squash
- 1 teaspoon kosher salt divided
- 1 pound lamb stew meat cut into 1 1/2-in. chunks
- 2.3 cups chicken broth divided reduced-sodium

- 3 tablespoons olive oil divided
- 0.5 teaspoon pepper divided
- 0.8 pound shallots peeled cut in half if large
- 1.5 cups tomatoes coarsely chopped

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- loaf pan
- aluminum foil
- spatula

## Directions

- Heat 1 tbsp. oil in a 5- to 6-qt. pan over high heat.
- Sprinkle lamb with 3/4 tsp. salt and 1/4 tsp. pepper, then brown in oil, stirring occasionally, 6 to 8 minutes.
- Transfer lamb to a bowl and reduce heat under pan to medium-high.
- Add shallots, 1 tbsp. oil, and 1/4 cup broth to pan; stir to loosen browned bits. Cook, stirring occasionally, until shallots are browned, 7 to 10 minutes; add a splash of water if drippings start to get dark. Return meat to pan and sprinkle with baharat.
- Add 2 more cups broth, stirring to loosen browned bits. Cover, bring to a boil, then reduce heat and simmer 1 hour, adding another 1/4 cup broth if pan starts to dry. Stir in rice and tomatoes and return to a boil. Meanwhile, continue with recipe.
- Preheat oven to 37
- With a short knife, carefully cut around squash stem to make a 4-in. lid. Pry out lid with a table knife. Scrape out and discard seeds from lid and squash.

- Brush interior of squash and inside of lid with remaining 1 tbsp. oil, then sprinkle them with remaining 1/4 tsp. each salt and pepper, tipping squash to coat evenly. Set squash on a rimmed baking sheet. Prick with a fork in a couple of spots near the top.
- Fill squash with as much stew as fits. Set lid in place and bake until squash is just tender inside when pierced, 70 minutes to 1 1/2 hours. Meanwhile, spoon remaining stew into a small loaf pan, cover with foil, and bake 1 hour.
- Stir chives into stew in pan and squash.
- Transfer squash to a platter with 2 wide spatulas (squash may split a little; this is okay). Use a big metal spoon to scoop out squash and stew into soup bowls, adding stew from pan.

## Nutrition Facts

**PROTEIN 24.25%** **FAT 30.13%** **CARBS 45.62%**

### Properties

Glycemic Index:34.36, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:26.592174156852%

### Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 350.01kcal (17.5%), Fat: 12.26g (18.86%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 35.08g (12.75%), Sugar: 11.4g (12.67%), Cholesterol: 49.14mg (16.38%), Sodium: 484.2mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.2g (44.4%), Vitamin A: 3963.14IU (79.26%), Vitamin C: 42.62mg (51.66%), Potassium: 1508mg (43.09%), Vitamin B6: 0.78mg (39.11%), Manganese: 0.77mg (38.32%), Vitamin B3: 7.5mg (37.49%), Vitamin B12: 2.15µg (35.87%), Selenium: 20.16µg (28.79%), Phosphorus: 282.81mg (28.28%), Zinc: 4.16mg (27.75%), Folate: 107.19µg (26.8%), Fiber: 6.69g (26.77%), Vitamin B2: 0.4mg (23.26%), Iron: 3.97mg (22.07%), Copper: 0.42mg (20.85%), Magnesium: 76.13mg (19.03%), Vitamin B1: 0.23mg (15.44%), Vitamin B5: 1.31mg (13.15%), Vitamin K: 12.4µg (11.81%), Vitamin E: 1.73mg (11.52%), Calcium: 113.03mg (11.3%)