



# Turkish Lamb Kabobs with Pistachios and Soft Herb Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 servings flat bread to serve warmed
- 0.3 cup flat-leaf parsley leaves shredded divided
- 1 teaspoon ground cumin
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon ground sumac
- 0.5 juice of lemon

- 1 pound lamb leg boneless
- 1 cup mint leaves
- 4 servings drizzle of olive oil extra-virgin
- 0.5 teaspoon paprika hot
- 1 small onion diced red
- 4 servings salt and pepper black to taste
- 1 tablespoon sea salt
- 1 teaspoon paprika sweet
- 0.5 cup pistachios unsalted shelled coarsely chopped

## Equipment

- bowl
- whisk
- grill
- metal skewers

## Directions

- Trim the lamb of any connective tissue or sinew, but leave the fat.
- Cut the meat into manageable chunks and grind it twice. Knead the ground lamb with the diced onion; 1-tablespoon sea salt, cumin, both kinds of paprika, nutmeg and ground pepper for 2 or 3 minutes to combine thoroughly. Cover and refrigerate for 20 minutes to allow the flavors to develop. Minced ¼-cup of the parsley, leave the rest whole for salad. Then add the pistachios and the minced parsley and knead briefly to combine evenly. With wet hands, divide the seasoned ground lamb into four equal portions and mold each one around a flat metal skewer into a long sausage shape about 1-inch in diameter. Set aside, covered up to one hour to come to room temperature. To make the soft herb salad, toss the remaining parsley, mint and onion slices in a bowl.
- Whisk together lemon juice, oil salt, pepper, and sumac in another small bowl to make the dressing and set them both aside. Prepare a charcoal grill until the coals are white but are still glowing red and quite hot.
- Spread the coals into a single layer and cook the kabobs, for 3 or 4 minutes per side, until cooked through. Toss the reserved salad with the dressing.

Serve the kabobs on warmed flat bread with some of the salad mingled with the meat.

## Nutrition Facts

**PROTEIN 20.27%** **FAT 50.82%** **CARBS 28.91%**

### Properties

Glycemic Index:73.25, Glycemic Load:21.47, Inflammation Score:-8, Nutrition Score:21.194348045017%

### Flavonoids

Eriodictyol: 3.66mg, Eriodictyol: 3.66mg, Eriodictyol: 3.66mg, Eriodictyol: 3.66mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

### Nutrients (% of daily need)

Calories: 440.13kcal (22.01%), Fat: 25.22g (38.8%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 27.88g (10.14%), Sugar: 2.64g (2.94%), Cholesterol: 45.72mg (15.24%), Sodium: 2205.96mg (95.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.28%), Vitamin K: 73.11µg (69.62%), Manganese: 0.65mg (32.38%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 5.9mg (29.5%), Phosphorus: 273.23mg (27.32%), Selenium: 18.57µg (26.52%), Zinc: 3.72mg (24.82%), Vitamin A: 1211.77IU (24.24%), Vitamin B1: 0.35mg (23.09%), Iron: 3.96mg (22.01%), Copper: 0.43mg (21.33%), Vitamin B6: 0.38mg (18.96%), Vitamin E: 2.78mg (18.56%), Vitamin B2: 0.31mg (18.02%), Fiber: 4.4g (17.58%), Potassium: 569.33mg (16.27%), Magnesium: 64.4mg (16.1%), Vitamin C: 12.57mg (15.23%), Folate: 59.02µg (14.76%), Calcium: 103.48mg (10.35%), Vitamin B5: 0.87mg (8.66%)