TURKISH · LUNCH · DINNER

Adana Kebab (Hand-Minced Lamb with Tail Fat)

55 min · Serves 3 · 453 kcal a serve · Video 5:26 · Hungry Man Kitchen

Gluten-free ingredients · Dairy-free · Nut-free

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Authentic Adana has no onion, garlic or breadcrumbs — just lamb, its fat, salt and paprika — so a serve gives over 30 g of protein with almost no carbohydrate, plus more than a day's vitamin B12 and plenty of zinc.

Diet notes: Carnivore if you leave out the red capsicum; Low carb (1 g net carbs) but not keto: 57% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 5 · SERVES 3

- ☐ 500 g **lamb** (belly, ribs or leg), trimmed and cut small
- ☐ 50–100 g **lamb tail fat** (optional if the meat is already fatty)
- ☐ 1 tsp (5 g) **salt**
- ☐ 2 tsp (5 g) **paprika powder**, or red chilli flakes
- ☐ 50 g **red capsicum**, finely chopped and squeezed (optional)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the sinew and connective tissue from the lamb and cut it into small cubes. Belly or ribs have enough fat; if you use leg, add the tail fat, cut small. Chill the meat well (the cook rests it overnight and freezes it 30 minutes before chopping). 0:24
2. With a heavy knife or mezzaluna, rock-chop the meat and fat together into a medium-fine mince — cut it, don't smash it. 1:07
3. Sprinkle over the salt and paprika. If using the capsicum, chop it very finely, squeeze out the juice and add it. Chop briefly to combine, then chill the mince and the flat skewers for 15 minutes. 1:36
4. With wet hands divide the meat into 120–150 g portions. Push a cold flat skewer through each, then press the meat evenly along it with thumb and fingers and seal both ends. 2:41
5. Grill over medium-hot charcoal, turning every 30–60 seconds so the meat doesn't fall, for 6–8 minutes in all, until just cooked through. Lay them on lavash halfway if you want the bread to catch the dripping fat. 4:12

> **Tip** 3 serves (about 1½ skewers each) is our estimate. In Turkey it comes with lavash, grilled tomatoes and peppers and an onion, parsley and sumac salad (not counted). Leave out the capsicum for strict carnivore.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
453 kcal	**32** g	**1.9** g	**0.9** g	**34** g	**740** mg
1,890 kJ	65% of a day	1 g net · 0.9 g sugars 1% of a day	3% of a day	15 g saturated 44% of a day	32% of a day

Energy from net carbs 1% · protein 29% · fat 70% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 135% · Selenium 59% · Zinc 51% · Omega-3 29% · Vitamin C 24%

Source of (10–19%) Iron 16% · Vitamin B6 15% · Potassium 10%

Recipe and video: Hungry Man Kitchen (@HungryManKitchen) on YouTube — youtube.com/watch?v=Ej3B4g_PxsQ, published 25 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/adana-kebab-hand-minced-lamb