GREEK · LUNCH · DINNER

Greek Lamb Kofta Kebabs

255 min · Serves 3 · 380 kcal a serve · Video 5:16 · Henrys HowTos

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

Lamb mince with onion, parsley and warm spices gives about 32 g protein per serve plus vitamin B12, zinc and useful iron, at around 4 g net carbs with no breadcrumbs or bread.

Diet notes: Low carb (4.2 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 11 · SERVES 3

- [ ] 500 g **lamb mince**
- [ ] 1 small **brown onion**, finely diced (or ½ a large one)
- [ ] 1 handful **fresh parsley**, chopped
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **ground coriander**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **sweet paprika**
- [ ] 3 **garlic** cloves, crushed

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. Finely dice the onion and chop the parsley. Put them in a bowl with the salt, pepper, cinnamon, oregano, coriander, cumin, paprika and garlic. 0:21
2. Add the lamb mince and squeeze everything together with your hands until evenly mixed. 1:31
3. Cover and refrigerate for about 4 hours, or overnight for the best flavour. 1:56
4. With wet hands, take half a handful of mince, roll it into a ball, push a long flat skewer through the middle and press the meat into an even sausage shape along it. 2:03
5. Cook on a hot grill or barbecue, turning every 30 seconds or so, for 2–3 minutes in total until cooked through. Slide off the skewers to serve. 3:41

> **Tip** Serves 3 (our estimate). The cook serves them with tzatziki, in a wrap or with salad; skip the wrap to keep it low carb. No skewers? Shape into patties and pan-fry or bake. Freeze raw koftas on a tray, then bag.

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
380 kcal 1,590 kJ	**32** g 64% of a day	**5.8** g 4.2 g net · 1.5 g sugars 2% of a day	**1.6** g 6% of a day	**25** g 10 g saturated 32% of a day	**880** mg 38% of a day

Energy from net carbs 5% · protein 35% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 135% · Vitamin K 75% · Selenium 58% · Zinc 56% · Omega-3 28% · Iron 22%

Source of (10–19%) Vitamin B6 16% · Potassium 12% · Vitamin C 11% · Magnesium 10% · Folate 10%

Recipe and video: Henrys HowTos (@HenrysHowTos) on YouTube — youtube.com/watch?v=ienilqXlWs8, published 2 January 2020. 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/greek-lamb-kofta-kebabs