INDIAN · DINNER · LUNCH

Indian-Spiced Grilled Lamb Kebabs

30 min · plus 4 hours (or overnight) marinating · Serves 4 · 422 kcal a serve

Video 4:20 · AnitaCooks

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

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Lamb marinated in onion juice, lemon and spices, then seared: about 33 g protein and 2 g net carbs a serve, 65% of the energy from fat, more than a day's vitamin B12, and rich in zinc and selenium.

Diet notes: Keto (2 g net carbs a serve).

Ingredients 10 · SERVES 4

- [ ] 680 g **boneless leg of lamb**, cut into 4 cm chunks
- [ ] 1 small **yellow onion**, blended and squeezed (juice only, about 50 g)
- [ ] 3 **garlic** cloves, blended with the onion (juice only)
- [ ] 2 tbsp **lemon juice**
- [ ] 2 tbsp **vegetable oil**, for the marinade
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **red chilli powder** (½ tsp for milder)
- [ ] 1 tsp **garam masala**
- [ ] 1.5 tsp **salt**
- [ ] 2 tsp **vegetable oil**, for the pan (or a little for basting on the grill)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

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. Blend the onion, garlic and lemon juice in a food processor until fine. Tip the mixture onto a clean cloth and wring the juice out into a bowl; discard the pulp. 0:23
2. Pour the juice over the lamb, add the oil, cumin, chilli powder, garam masala and salt, and mix well. Cover and refrigerate for at least 4 hours or overnight. Take it out 30 minutes before cooking. 0:45
3. Grill: heat a charcoal grill until very hot, thread the lamb onto skewers with 1.5 cm between pieces and grill directly over the coals for 5–7 minutes, turning halfway and basting with a little oil, for medium-rare to medium. 1:20
4. Stovetop: heat a heavy pan such as cast iron until very hot, add the 2 tsp oil and sear the lamb pieces without crowding them for 5–7 minutes, turning to brown all sides. 2:38
5. Rest the lamb loosely covered for 5 minutes before serving. 2:31

> **Tip** The cook serves these with rice or naan and grilled onions and peppers; for keto, keep the grilled vegetables and skip the rice. Soak wooden skewers in warm water for at least 30 minutes so they don't burn.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
422 kcal	33 g	2.8 g	0.7 g	30 g	970 mg
1,760 kJ	66% of a day	2 g net · 0.8 g sugars	3% of a day	9.6 g saturated	42% of a day
		1% of a day		39% of a day	

Energy from net carbs 2% · protein 32% · fat 66% — fits keto: 2 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Vitamin B12 138% · Omega-3 75% · Selenium 61% · Zinc 52%

Source of (10–19%) Iron 17% · Vitamin E 14% · Vitamin B6 13% · Potassium 10% · Vitamin K 10%

Recipe and video: AnitaCooks (@AnitaCooks) on YouTube — youtube.com/watch?v=IkxMlTtfyWE, published 16 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/indian-spiced-grilled-lamb-kebabs