PERSIAN · DINNER

Persian Lamb Kabab Koobideh with Grilled Tomatoes

40 min · plus 4½ hours resting in the fridge | Serves 4 | 631 kcal a serve

Video 10:42 · Henrys HowTos

Gluten-free ingredients | Nut-free

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Saffron-scented lamb kebabs: about 48 g protein and 8 g net carbs a serve, 61% of the energy from fat, and rich in vitamin B12, zinc and selenium, with vitamin C from the grilled tomato and chilli.

Diet notes: Keto (7.8 g net carbs a serve).

Ingredients 14 · SERVES 4

- [ ] 1 kg **lamb mince** (80% lean, 20% fat)
- [ ] 1 medium **brown onion**, grated and squeezed of its juice (about 100 g left)
- [ ] 1 tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tsp **red sumac**
- [ ] a pinch of **ground saffron**, steeped in a spoonful of boiling water
- [ ] 4 **tomatoes**, grilled on a skewer (one per plate)
- [ ] 4 **long green chillies**, charred (one per plate)
- [ ] about 2 tbsp **melted butter** mixed with a little saffron water, to drizzle
- [ ] 1 small **onion**, sliced into rings and tossed with sumac, to serve
- [ ] ½ tsp **sumac** for the onion rings, to serve
- [ ] a few sprigs **fresh mint**, to serve
- [ ] 4 **red radishes**, to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate the onion into a sieve set over a bowl and squeeze out as much juice as you can (keep the juice for a marinade). Mix the pulp with the salt, pepper, turmeric, sumac and saffron water, and leave it uncovered in the fridge for 30 minutes to mellow. 0:34
2. Add the onion mixture to the lamb mince and knead it like dough for several minutes until it turns sticky and holds together. (If it stays crumbly, the cook knows a trick: knead in ¼–½ tsp baking soda.) Cover and chill for about 4 hours, or overnight. 3:03
3. Thread the tomatoes onto a thin skewer and start grilling them first over medium-high heat, as they take longest. 5:00
4. With hands dipped in warm water, take a portion a little smaller than a tennis ball, roll it into a sausage and press it firmly along a wide flat skewer, pinching the ends so it locks on. 5:13
5. Grill the kebabs, turning after 30 seconds and again after another 30 seconds to seal both sides, then keep turning every 30 seconds for 3–4 minutes until cooked through. Char the chillies for the last minute. 7:57
6. Slide the kebabs off the skewers onto plates with a tomato and a chilli, drizzle the saffron butter over the meat and vegetables, and serve with sumac onion rings, mint and radishes. 9:28

> **Tip** Serves 4 (our estimate, two kebabs each). The cook plates it on Persian saffron rice — leave the rice out, or swap in cauliflower rice, to keep it keto. Use 80/20 mince: lean mince falls off the skewer and tastes dry.

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
631 kcal	49 g	11 g	3.2 g	43 g	750 mg
2,640 kJ	97% of a day	7.8 g net · 5.9 g sugars	12% of a day	19 g saturated	32% of a day
		4% of a day		55% of a day	

Energy from net carbs 5% · protein 32% · fat 63% — fits keto: 7.8 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Vitamin B12 204% · Selenium 86% · Zinc 84% · Vitamin C 44% · Omega-3 44% · Iron 29% · Vitamin B6 29% · Potassium 23%

Source of (10–19%) Vitamin K 18% · Folate 18% · Magnesium 17% · Vitamin A 13% · Vitamin E 12%

Recipe and video: Henrys HowTos (@HenrysHowTos) on YouTube — youtube.com/watch?v=uz-FxJDukrQ, published 25 November 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/persian-lamb-kabab-koobideh