PAKISTANI · LUNCH · DINNER

Seekh Kabab (Pakistani Spiced Beef Mince Kebabs)

Seekh Kabab

50 min · plus 30 min chilling | Serves 4 | 639 kcal a serve | Video 12:31 in Urdu · Kun Foods

Gluten-free ingredients | Dairy-free | Nut-free

Beef mince kebabs bound only with squeezed onion and spices, with no breadcrumbs or egg: about 51 g protein and 12 g net carbs a serve, with more than a day's zinc and vitamin B12.

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Ingredients 14 · SERVES 4

- [ ] 2¼ lb **beef mince**, 80% lean and 20% fat, minced twice
- [ ] 5 medium **onions**, finely chopped and squeezed dry in a cloth
- [ ] 4–5 **green chillies**
- [ ] 5–6 **garlic** cloves
- [ ] 2-inch piece **ginger**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **red chilli powder**, plus 1 heaped tsp chilli flakes
- [ ] 1 tsp **cumin seeds**
- [ ] 2 tsp **coriander seeds** (1 tsp ground, 1 tsp lightly crushed)
- [ ] ½ tsp **black peppercorns**, plus ½ piece long pepper (pipli)
- [ ] 2–3 pinches **lime powder** (about ¼ tsp; or a little citric acid)
- [ ] ¼ tsp **garam masala**
- [ ] ¼ tsp **baking soda**
- [ ] 2 tbsp **oil**, for the pan

Amounts in US 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. Use beef mince with about 20% fat, passed twice through the mincer for a fine texture. Do not wash it, or the kebabs will not hold on the skewers. 0:32
2. Chop the onions finely, then squeeze out all their water through a muslin cloth. Blitz the green chillies, ginger and garlic to a paste. 1:38
3. Put the mince in a bowl with the squeezed onion, the chilli-ginger-garlic paste and the salt, and knead for 4–5 minutes until sticky. 2:14
4. For the kebab masala, grind the cumin, peppercorns, chilli powder, 1 tsp coriander seeds and the long pepper. Mix in the chilli flakes, the crushed coriander, the lime powder and the garam masala. 3:24
5. Knead the masala and baking soda into the mince, then chill for at least 30 minutes and knead once more. 4:50
6. With wet hands, shape a fistful of mince into a smooth, crack-free ball, press it onto a flat skewer and spread it evenly along the skewer with your fingers. 6:10
7. Lay the skewers on a very hot iron tawa for 1–2 minutes a side, just until set, then slide the kebabs off. They can be frozen at this point. 7:23
8. Heat the oil on a tawa or frying pan over medium-high heat and cook the kebabs for 4–5 minutes, turning, until browned and cooked through. 10:00

> **Tip** Serves 4 (our estimate: about 8 kebabs). His written list says 1 tbsp salt and ½ tsp soda, but on camera he uses 1 tsp salt and ¼ tsp soda for 2¼ lb. Served on naan with a mint, tomato and onion salad; the salad alone is low in carbs.

The method is a summary in our words, in English — the video (in Urdu) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
639 kcal	51 g	16 g	3.3 g	41 g	820 mg
2,680 kJ	102% of a day	12 g net · 5.7 g sugars	12% of a day	13 g saturated	36% of a day
		6% of a day		53% of a day	

Energy from net carbs 8% · protein 33% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 211% · Zinc 111% · Selenium 74% · Vitamin B6 56% · Omega-3 46% · Iron 33%

Source of (10–19%) Potassium 19% · Vitamin C 18% · Vitamin E 17% · Magnesium 15% · Folate 11%

Recipe and video: Kun Foods (@KunFoods) on YouTube — youtube.com/watch?v=wVfxm4ASjpw, published 25 June 2023. 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/seekh-kabab-pakistani-beef