NORTH AFRICAN · DINNER

Slow-Roasted Lamb Shoulder with Saffron, Ginger and Onions

180 min | Serves 6 | 659 kcal a serve | Video 6:14 · Recipe30

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

Lamb shoulder roasted slowly on a bed of onions with saffron, ginger and paprika: high in protein, zinc and vitamin B12, with no added sugar or flour.

Diet notes: Keto (5.7 g net carbs a serve).

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Ingredients 13 · SERVES 6

- [ ] 1 large **boneless lamb shoulder**, rolled and tied, 3½–4 lb
- [ ] 2 large **onions**, finely sliced
- [ ] 2 **garlic** cloves, grated
- [ ] 1 tsp **ground ginger**
- [ ] 1 tsp **smoked paprika**
- [ ] ½ tsp **ground turmeric**
- [ ] a pinch of **saffron threads**
- [ ] 1 tsp **sea salt**
- [ ] generous **cracked black pepper**
- [ ] 3 tbsp **olive oil**
- [ ] 3 sprigs **thyme** (fresh or dried)
- [ ] ¾ cup **water**
- [ ] **fresh coriander or parsley**, to serve (optional)

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. Mix the olive oil with the ginger, paprika, turmeric, saffron, garlic, salt and plenty of pepper. Rub it all over the lamb and leave 30 minutes at room temperature (or longer in the fridge, then bring back to room temperature). 0:44
2. Heat the oven to 400°F. Spread the sliced onions over a roasting pan, add the water and thyme, and sit the lamb on top. 2:10
3. Cover tightly with foil or a lid and roast for 45 minutes. 3:03
4. Turn the oven down to 325°F, uncover and roast another 1½–2½ hours until the meat pulls apart, spooning the pan juices over it now and then and adding a splash of water if the pan dries out. 3:22
5. Rest the lamb 20–30 minutes, then pull it apart and serve with the soft, caramelised onions and pan juices, scattered with herbs. 3:54

> **Tip** In the video the shoulder is deboned, rolled and tied, and roasts 1½–2 h at 325°F (written: 2–2½ h). He serves it on couscous; for keto, use cauliflower rice or greens. Keeps 3 days chilled.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
659 kcal	**47** g	**7.1** g	**1.4** g	**48** g	**530** mg
2,760 kJ	95% of a day	5.7 g net · 2.9 g sugars	5% of a day	18 g saturated	23% of a day
		3% of a day		62% of a day	

Energy from net carbs 4% · protein 29% · fat 67% — fits keto: 5.7 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin B12 224% · Zinc 99% · Selenium 99% · Omega-3 47% · Iron 25% · Vitamin B6 22%

Source of (10–19%) Potassium 14% · Vitamin K 14% · Folate 14% · Magnesium 13%

Recipe and video: Recipe30 (@recipe30) on YouTube — youtube.com/watch?v=s0x5qka5qhA, published 19 June 2025. 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/slow-roasted-lamb-shoulder-saffron-onions