

from the
kitchen
of HSS



LAMB KEBABS WITH AN ORANGE SALAD

ingredients

- 1lb. boneless lamb steaks, cut into 1 inch cubes
- 1 tablespoon olive oil
- 1 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon red pepper flakes
- 1 teaspoon dried oregano
- 4 oranges, peeled and sliced crosswise into thin rounds
- 1 English cucumber, thinly sliced in two rounds
- 2 avocados, pitted, peeled, and cut into 1/2 inch chunks
- 2 green onions, thinly sliced
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro
- 8 wooden skewers

directions

- Put lamb into a bowl. Add olive oil, zest of one orange, 1 tsp cumin, ground coriander, red pepper flakes, oregano, 1/2 tsp salt, and 1/4 tsp black pepper. Stir and coat lamb evenly. Cover and marinate for at least 30 minutes or up to 4 hours.
- Soak wooden skewers in water for 30 minutes. Thread lamb onto skewers.
- Layer oranges, cucumber, avocados, and green onions on a serving platter. Drizzle with lime juice and sprinkle with remaining ½ tsp. cumin, and season with salt and pepper.
- Grill lamb skewers over medium-high heat, turning often, for about 5 minutes or until lightly brown and tender. Once removed, let rest 5 minutes.
- To Serve, divide salad among plates and top with 2 lamb skewers. Sprinkle with fresh cilantro.

nutrition

Servings: 2 Skewers and ¼ of orange salad
Calories per serving: 377
Fat: 21g
Carbs: 26g
Protein: 23g

