

Grilled Lamb Skewers

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cumin-lamb-skewers-recipe>

Ingredients:

- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil good quality
- 2 sprigs rosemary roughly chopped
- 1/2 inch fresh ginger root freshly grated
- 1/4 teaspoon cumin
- 1 chile pepper seeded and finely chopped
- 5 1/2 cups lamb cut into 1-inch cubes
- 4 pita bread Ready-made variety
- 2 cups mixed salad greens
- 1 fresh lemon cut into wedges
- 1 2/3 cups plain yogurt
- 1 teaspoon lemon zest fresh
- 1 clove garlic peeled and pressed
- 3 tablespoons fresh parsley leaf, finely chopped

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 15 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 420 milligrams
9. Sugar: 6 grams

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