

Shish kebab and shish tawouk

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-shish-recipe-turkish>

Ingredients:

- 10 cloves garlic
- 1 teaspoon sea salt
- 1 lemon
- 1/2 cup olive oil
- 2 tablespoons water
- 1 garlic clove small, mashed
- 1 teaspoon salt
- 1 lemon
- 1/2 Orange
- zest of orange
- 1/2 cup Tahini
- 2 tablespoons full-fat plain yogurt
- 2 pounds boneless chicken breasts cubed
- 10 cloves garlic mashed
- salt
- pepper
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon smoked paprika
- 1 teaspoon ground cardamom
- 1 lemon
- 1/4 cup olive oil
- 1/2 cup plain yogurt
- 1 tablespoon tomato paste
- 1/2 cup fresh cilantro finely chopped
- 1/2 cup walnuts finely chopped
- 2 pounds lamb cubed lean, from leg
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon ground coriander
- 1 lemon
- 1/4 cup olive oil
- 1 cup dried apricots
- 12 small onions or shallots

Nutrition:

1. Calories: 1780 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 315 milligrams
4. Fat: 139 grams
5. Fiber: 14 grams
6. Protein: 99 grams
7. SaturatedFat: 36 grams
8. Sodium: 1860 milligrams
9. Sugar: 8 grams

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