

Shashlik (Russian Lamb Kebab with Tomato-Prune Sauce)

Yield: 7 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lamb-kebab-recipe>

Ingredients:

- 1/2 cup dill minced
- 1/2 cup seltzer water
- 2 tablespoons white vinegar
- 1 1/2 tablespoons ground coriander
- 1 1/2 tablespoons paprika
- 1 teaspoon ground cumin
- kosher salt
- ground black pepper
- 1 1/2 pounds lamb shoulder boneless, cut into 2" pieces
- 3 yellow onions small, 2 cut into 2" wedges, 1 minced
- 1/4 cup olive oil
- 5 cloves garlic minced
- 3 tablespoons tomato paste
- 1 teaspoon crushed red chile flakes
- 16 pitted prunes roughly chopped
- juice
- 28 ounces whole peeled tomatoes
- 1 cup cilantro minced
- 1/2 cup parsley minced
- 1 tablespoon lemon juice

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams

6. Protein: 22 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 250 milligrams
 9. Sugar: 16 grams
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