



Harissa and Lamb Kabobs

GF
option

INGREDIENTS

1 cup Hy-Vee plain nonfat Greek yogurt
2 tbsp salt-free harissa seasoning, divided
2 tbsp refrigerated ginger paste
1 tbsp refrigerated garlic paste
1 tsp Hy-Vee ground cumin, plus 1 Tbsp., divided
¼ tsp kosher salt
1 lb fresh lamb stew meat
¾ cup Hy-Vee canola oil
1 large sweet potato, peeled and cut into 12 pieces
1 fresh plantain, peeled and sliced 1-inch thick
1 medium red onion, cut into 1 1/2-inch wedges
Serrano chile pepper, for garnish
Baby spinach, for serving
Shallot slices, for serving
Fresh mint leaves, for garnish

PREPARATION

- 1** Stir together yogurt, 1 tablespoon harissa seasoning, ginger and garlic pastes, 1 teaspoon cumin, and salt in a large bowl. Add lamb; stir to coat evenly. Cover and marinate in the refrigerator 4 to 8 hours.
- 2** Combine oil, remaining 1 tablespoon harissa, and remaining 1 tablespoon cumin in a large microwave-safe bowl. Add sweet potato and plantain; toss to coat. Cover and microwave 3 minutes. Drain, reserving ⅓ cup oil mixture for serving.
- 3** Preheat a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°).
- 4** Drain lamb; discard marinade. Alternately thread onion wedges, lamb, sweet potato, and plantain onto 6 (12-inch) metal skewers. Grill kabobs 10 to 12 minutes or until lamb reaches 145° for medium-rare doneness, or desired doneness, turning occasionally.
- 5** Serve with reserved oil mixture; garnish with sliced serrano pepper, if desired. Serve kabobs with spinach and shallot. Garnish with mint, if desired.

NUTRITION FACTS

Calories: 530
Total Fat: 36g
Saturated Fat: 4.5g
Trans Fat: 0g
Cholesterol: 85mg

Sodium: 330mg
Carbohydrates: 19g
Fiber: 2g
Sugar: 9g
Protein: 30g