

RECIPE: GRILLED INDIAN GROUND LAMB KEBABS

BAKERY

Pita bread, 8

BAKING

Cornstarch, 0.29 oz.

Sugar, 0.15 oz.

FRUITS

Lime, 1 tbsp.

MEAT

Lamb, 16 oz.

SPICES & SEASONINGS

Salt, 0.55 oz.

Allspice, 0.02 oz.

Cardamom, 0.03 oz.

Cayenne pepper, 0.02 oz.

Coriander seeds, 0.03 oz.

Cumin seeds, 0.08 oz.

Black pepper, 0.04 oz.

Turmeric, 0.04 oz.

VEGETABLES

Garlic, 0.2 oz.

Ginger root, 0.14 oz.

Onion, 1.43 oz.

Green onion, 4

Jalapeno pepper, 1

Fresh cilantro, 1 oz.

Fresh mint, 0.81 oz.

MISCELLANEOUS

Greek yogurt, 0.25 cup

Lime Pickled Red Onions