

kibbeh-style beef kebabs with herb salad

Phase 1 Recipe

SERVES 2 | READY IN 30 MINUTES

Ingredients:

- 2 portions* extra-lean (92% lean) ground beef
- 2 tbsp finely chopped mint or parsley
- 1 tbsp minced green onion, white part only
- 1 garlic clove, finely chopped
- $\frac{3}{4}$ tsp salt, plus more for the salad
- $\frac{1}{4}$ tsp black pepper, plus more for the salad
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground cloves or allspice
- $\frac{3}{4}$ cup fresh herb leaves (any combination of parsley, mint, cilantro, dill, or snipped chives)
- 1 tsp lemon juice, plus lemon wedges for serving (optional)
- 1 tsp olive oil
- Cucumber-Dill Salad (see page 97 of Ideal Recipes Book) or 2 servings select vegetable of your choice

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces

Preheat the broiler. Line a small baking sheet with foil.

In a large bowl, combine the beef, mint, green onion, garlic, salt, pepper, cumin, cinnamon, and cloves. Mix with your hands and form into 4 even sausage shapes. Using 4 small metal skewers, or 4 bamboo skewers soaked in water for at least 20 minutes, thread one kebab onto each skewer. Broil, turning once or twice, until browned and cooked through, 6 to 7 minutes.

Meanwhile, in a medium bowl, combine the herb leaves, lemon juice, oil, and a few pinches of salt and pepper. Toss gently to combine. Serve the kebabs with the herb salad, lemon wedges if desired, and the Cucumber-Dill Salad.