

LAMB TIKKA

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

- 1 cup plain yogurt
- 2 tablespoons fresh lemon juice
- 1 teaspoon garam masala
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 2 cloves garlic – finely chopped or crushed
- 1 pound lamb – sliced
- 1 tablespoon extra-virgin coconut oil
- 1 tablespoon tomato paste
- 2 green bell peppers – sliced
- 1 small red chili pepper – finely sliced
- 2 tablespoons fresh cilantro – finely chopped

Preparation:

In a medium bowl, combine the yogurt, lemon juice, garam masala, kosher salt, cumin, coriander, chili powder and garlic, then add the lamb, stirring to coat. Cover the bowl and refrigerate overnight.

Discard the excess marinade by pouring the lamb mixture into a colander.

Place a deep pan on high heat and add the coconut oil. Once the oil is hot, carefully stir in the tomato paste. Stir for one minute, then add the lamb, stirring often for eight minutes.

Add the bell and chili peppers, stirring often for five more minutes.

Remove from heat, stir in the cilantro and serve.

Nutritional Information Per Serving (assuming one ounce yogurt remains):

- Calories: 303
- Fat: 15g
- Carbs: 4g
- Fibre: 1g
- Protein: 35g