

kibbeh-style beef kebabs with herb salad

SERVES 2 • READY IN 30 MINUTES OR LESS



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 sausage onto each skewer. Broil, turning once or twice, until browned and cooked though, 6 to 7 minutes.

Ingredients:

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

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.