

Treasure Barrel

Brochettes De Mouton Et Riz Jaune

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1.2 lb lamb shoulder, cut into 1-inch cubes
- [ ] 1 red bell pepper, cut into chunks
- [ ] 1 onion, quartered
- [ ] 8 wooden skewers, soaked
- [ ] 2 tbsp olive oil

For the Marinade

- [ ] 3 tbsp plain yogurt
- [ ] 2 tsp garlic-ginger paste
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey
- [ ] Juice of ½ lemon
- [ ] Salt and pepper to taste

For the Yellow Rice

- [ ] 1½ cups basmati rice
- [ ] 2½ cups chicken broth
- [ ] ½ tsp turmeric
- [ ] 1 tbsp butter
- [ ] ¼ cup chopped fresh parsley
- [ ] Salt to taste

Instructions

1. In a bowl, combine yogurt, garlic-ginger paste, cumin, smoked paprika, lemon zest, honey, lemon juice, salt and pepper; stir in the lamb cubes and let them marinate for at least 30 minutes.
2. Thread the marinated lamb, bell pepper pieces, and onion onto the soaked skewers, brushing each with olive oil.
3. Heat a grill pan over medium-high heat; grill the skewers 4-5 minutes per side, until a caramelized crust forms and the meat is just pink inside.
4. While the lamb cooks, rinse the basmati rice, then combine with broth, turmeric, butter, and a pinch of salt in a saucepan; bring to a boil, lower heat, cover, and simmer 15 minutes until tender.
5. Fluff the rice with a fork, stir in chopped parsley, and serve alongside the hot lamb skewers. Enjoy the comforting aroma.

Nutrition per serving

460 kcal	30 g	45 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier bite, add a pinch of cayenne to the marinade.
- Remember to let the lamb rest a couple of minutes after grilling; it keeps the juices locked in.
- Taste the rice before serving; a small adjustment of salt can brighten the whole plate.