

Kabab Barg

An authentic Iranian dish featuring boneless lamb in a marinade of garlic, lime, and saffron. Serve hot with plain rice (polow or chelow) or on Middle Eastern bread.

Recipe by [Clinton Morgan](#) | Created on **Jan 2, 2022**

Ingredients

- ½ cup extra-virgin olive oil
- ¼ cup fresh lime juice
- 2 large onions, grated
- 1 clove garlic, crushed
- ½ teaspoon saffron
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 ¾ pounds boneless lamb, cut into 1/2-inch x 1 1/2-inch pieces
- 4 tomatoes
- 1 tablespoon sumac powder

Directions

- Combine olive oil, lime juice, onions, garlic, saffron, salt, and pepper in a large, zip top food storage bag. Place lamb pieces in bag; seal and shake to combine. Marinate lamb, refrigerated, overnight or up to 24 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Thread marinated lamb on long, thin metal skewers. Thread whole tomatoes on another skewer. Brush lamb and tomatoes with marinade; discard remaining marinade.
- Grill kebabs, until lamb is cooked to your liking and tomatoes are hot and grill marked, about 5 minutes on each side. Sprinkle with sumac, if desired, before serving.

Nutrition Facts

Serving: **6 servings** | Calories: **424.2 kcal** | Carbohydrates: **10.1 g** | Protein: **21.6 g** | Saturated fat: **8.5 g** | Cholesterol: **75.2 mg** | Sodium: **451.7 mg** | Fiber: **2.4 g** | Sugar: **4.9 g**

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