

# CHISLIC (SHISH KEBAB)



50 STATES  
☆☆☆  
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ 1 pound boneless lamb leg, cut into 1-inch cubes
- ★ ½ tablespoon Worcestershire sauce
- ★ 1 teaspoon onion powder
- ★ 1 teaspoon garlic powder
- ★ ¼ teaspoon kosher salt
- ★ ½ teaspoon freshly ground black pepper
- ★ 1 tablespoon avocado oil
- ★ 2 tablespoons fresh parsley roughly chopped, for garnish
- ★ 1 tablespoon + 1 teaspoon hot sauce, divided, for serving

## DIRECTIONS

In a large bowl, stir together the Worcestershire sauce, onion powder, garlic powder, salt and black pepper. Add the cubed lamb and toss together until evenly coated, let marinate in the fridge for at least 1 hour or up to overnight.

Lay the lamb out on a paper towel-lined plate to dry off before cooking. Heat the oil in a large cast-iron skillet over medium-high heat, the oil should shimmer before adding the lamb, make sure to spread the lamb out in one layer. Cook for 5 to 6 minutes, meat should be seared all around and pink inside. Garnish with chopped parsley and serve immediately with hot sauce and toothpicks for easy eating.

### Serving Size and Nutritional Information:

**Serves 4** (Serving Size = 126g)  
**270** Calories Per Serving, **14g** Total Fat,  
**2g** Total Carbohydrates, **32g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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