

Lamb Souvlaki (Greek Lamb Skewers)

Hands-on 15 minutes Overall 9 hours

Nutritional values (per serving): Total carbs: 1.5 g, Fiber: 0.41 g, **Net carbs: 1.1 g**,

Protein: 35.9 g, Fat: 47.5 g, Calories: 583 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (make 4 servings)

1.8 lb / 0.8 kg lamb leg or shoulder, boneless (800 g / 28.2 oz)

handful chopped mint, fresh (or less if dried)

2 tbsp chopped rosemary, fresh (or less if dried)

1 lemon, juiced

1/2 cup [extra virgin olive oil](#) (120 ml / 4 fl oz)

1/2 tsp sea salt or [pink Himalayan salt](#), or to taste

Note: Only part of the oil is included in the nutrition facts, as most is used for marinating and re-used or discarded. You can use pork, beef or even chicken. If you prefer to use pork, opt for outdoor reared pork and avoid farmed pork.

Instructions

1. Dice the meat into medium-sized pieces.
2. Place in a bowl and add extra virgin olive oil and freshly juiced lemon. Finely chop the mint and rosemary and add to the bowl. Season with salt and mix well to cover the meat in the oil mixture on all sides. Place in the fridge for 4-8 hours or overnight. Mix once or twice to avoid drying. The longer you marinate it, the better.
3. Preheat the oven to 230 °C/ 450 °F. Pierce the skewers through each meat cube and place them on a rack and in the oven.
4. After 10-15 minutes, turn each of the skewers on the other side and cook for another 5-10 minutes.
5. When crispy and browned, remove from the oven and let them cool down.
6. Serve immediately with [Melitzanosalata](#) or fresh vegetable salad.
Enjoy!

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