



Low-Carb Masala-Spiced Pork Kebabs

with Cauliflower Rice & Cilantro



20-30min



2 Servings

Used in Indian cuisine, garam masala is a blend of spices toasted to bring out more flavor and aroma. Although, the words masala means "spices" and garam means "hot," garam masala isn't considered spicy, but warm with floral notes, which add a ton of flavor to these juicy pork kebabs. Paired with a cooling cilantro yogurt, this keto-friendly dish hits all the right notes.

What we send

- 1 medium red onion
- ½ oz fresh cilantro
- 1 oz ginger
- 10 oz ground pork
- ¼ oz garam masala
- 2 limes
- 4 oz Greek yogurt ⁷
- 12 oz cauliflower rice
- ¼ oz cumin seeds

What you need

- butter ⁷
- kosher salt & ground pepper
- neutral oil
- ¼ c milk ⁷

Tools

- medium skillet
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 33g, Carbs 29g, Proteins 42g



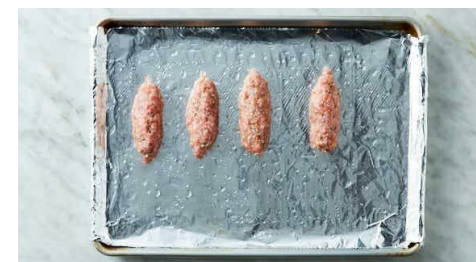
1. Prep ingredients

Preheat broiler with a rack in the center. Finely chop **onion**. Finely chop **cilantro stems**; coarsely chop **leaves**, keeping them separate. Peel and finely chop **1½ tablespoons ginger**.



2. Sauté aromatics

Soak wooden skewers in a baking dish of water, if using. Heat **1 tablespoon butter** in a medium skillet over medium-high. Add **ginger** and **all but 2 tablespoons of the chopped onions**; cook, stirring, until softened, about 4 minutes. Transfer to a medium bowl to cool slightly. Transfer **3 tablespoons of the mixture** to a small bowl and set aside for step 5. Reserve skillet for step 5.



3. Make kebabs

Add **pork** to medium bowl with **cooked onions**. Stir in **cilantro stems**, **all of the garam masala**, **½ teaspoon salt**, and **a generous pinch of pepper**. Form mixture into 4 (4-inch long) logs. If using, insert skewers lengthwise through center (resembling a corn dog). Set on an **oiled**, foil-lined rimmed baking sheet. Sprinkle with **salt** and **pepper** and cover with foil.



4. Make cilantro yogurt

Squeeze **1 tablespoon lime juice** into a small bowl. Stir in **yogurt**, **¼ of the cilantro leaves**, **¼ cup milk**, and **1 tablespoon oil**, and season to taste with **salt** and **pepper**. Cut any remaining lime into wedges.



5. Make cauliflower rice





Melt **1 tablespoon butter** and **1 tablespoon oil** in reserved skillet over medium-high heat. Add **cauliflower rice**, **all of the cumin seeds**, and **reserved cooked onions** and cook, stirring, until softened and lightly browned in spots, 5-7 minutes. Season to taste with **salt** and **pepper**.



6. Cook kebabs & serve

Meanwhile, broil **kebabs** on center oven rack, without turning, until browned and cooked through, 8-10 minutes. Spoon **cauliflower rice** onto plates and top with **kebabs**, **cilantro yogurt**, **reserved chopped onions**, and **remaining cilantro leaves**. Serve with **any lime wedges** for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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