

# Lamb Kebab with Za'atar, Labne & Herb Sauce

A bold and aromatic lamb kebab spiced with za'atar and paired with creamy labne, fresh tabbouleh salad, tangy pickled onions, and spicy Zhough chili herb sauce.

## Ingredients

### Za'atar Spiced Lamb Kebab

- 1 lb ground lamb
- 2 tbsp za'atar seasoning
- 2 cloves garlic, minced
- 1 tbsp finely chopped fresh parsley
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt-free seasoning, to taste
- Ground black pepper, to taste

### Tabbouleh Salad

- 1 cup finely chopped parsley
- 1/2 cup diced tomatoes
- 1/4 cup finely chopped red onion
- 1/4 cup cooked bulgur or quinoa
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt-free seasoning and pepper, to taste

### Pickled Onions

- 1 small red onion, thinly sliced

- 1/2 cup apple cider vinegar
- 1/2 cup water
- 1 tsp maple syrup or honey
- Pinch of salt-free seasoning

### **Zhough Chili Herb Sauce**

- 1 cup fresh cilantro
- 1/2 cup parsley
- 2 cloves garlic
- 1 green chili or jalapeño (seeded)
- 2 tbsp lemon juice
- 1/4 cup olive oil
- 1/2 tsp ground cumin
- Salt-free seasoning and pepper, to taste

### **For Serving**

- Labne or Greek yogurt
- Warm pita or flatbread

### **Instructions**

- 1. Prepare the Lamb Kebab:** In a bowl, combine lamb, za'atar, garlic, parsley, olive oil, cumin, paprika, and seasoning. Mix well. Form into kebab shapes or patties. Grill or pan-sear for 3-4 minutes per side.
- 2. Make the Tabbouleh Salad:** Toss parsley, tomatoes, onion, and bulgur with lemon juice, olive oil, and seasoning. Chill until ready to serve.
- 3. Quick Pickled Onions:** Mix vinegar, water, maple syrup/honey, and seasoning in a jar. Add onions and let sit for 30 minutes or more.
- 4. Make the Zhough Sauce:** Blend all sauce ingredients in a food processor

**until smooth but slightly chunky. Adjust heat and seasoning as desired.**

**5. Assemble: Spread labne on a plate or warm pita. Add lamb kebab, spoon over tabbouleh, pickled onions, and drizzle zhough sauce on top.**