



LOW CARB

NO ADDED GLUTEN

Masala-Spiced Pork Kebabs

with Cauliflower Rice & Cilantro



30-40min



4 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

- lime
- wooden skewers
- Greek yogurt ⁷
- whole cumin seeds
- red onion
- fresh cilantro
- fresh ginger
- garam masala
- cauliflower
- ground pork

What you need

- kosher salt & ground pepper

Tools

- skillet
- mandolin or V-slicer
- microplane or grater
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 54g, Carbs 17g, Proteins 28g



1. Prep ingredients

Preheat broiler with a rack in the center. Peel and finely chop **onion**. Finely chop **cilantro stems**; coarsely chop **leaves**, keeping separate. Peel and finely chop **ginger**. Holding stem end of cauliflower, grate florets on a mandoline or slicing side of a box grater, creating small bits that resemble rice. Measure out 5-6 cups.



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 with **salt** and **pepper**. Cut any remaining lime into wedges.



2. Sauté aromatics

Soak **skewers** on a baking dish of water. Heat **2 tablespoons butter** in a large skillet over medium-high. Add ginger, and **all but ¼ cup of the chopped onions**, and cook, stirring, until softened, about 4 minutes. Transfer to a medium bowl to cool slightly. Transfer **¼ cup** of the mixture to a small bowl and set aside for step 5. Wipe out skillet.



5. Make cauliflower rice

Melt **2 tablespoons butter** and **2 tablespoons oil** in same skillet over medium-high heat. Add **cauliflower rice**, **cumin seeds**, and **reserved cooked onions** and cook, stirring, until softened and lightly browned in spots, about 8 minutes. Season to taste with **salt** and **pepper**.



3. Make kebabs

Add **pork** to medium bowl with cooked onions. Stir in **cilantro stems**, **3½ teaspoons garam masala**, **1 teaspoon salt**, and a **generous pinch pepper**. Form mixture into eight 4-inch long logs and insert skewers lengthwise through the center (resembling a corn dog). Set on an oiled, foil-lined rimmed baking sheet. Sprinkle with **salt** and **pepper**. Cover skewers with foil.



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 **lime wedges** for squeezing over. Enjoy!