

# Lamb Kebabs (Z3 Version)



**Plan Z Phase:** This is a Z3 (ZReboot) recipe. You can find the ZReduction version [here](#).

Lamb is one of those proteins that when it's made properly, tastes delicious. Marinating it beforehand adds a depth of flavor that can't be beat. And when it's grilled, it's phenomenal. So, if you like lamb, this recipe is a home run. But believe it or not, this marinade is also great on pork. Just remember this is an overnight marinade, so prep this dish the day before and it will turn out fantastic.

**Servings:** Serves 4

## **Ingredients:**

- 2 pounds of lamb, cut into 1-1/2 cubes. Bigger is better.
- 1 large red onion cut into 1 inch chunks (for the kebobs)
- 1 bell pepper cut into 1 inch chunks
- 1/2 cup red wine
- 1/4 cup red wine vinegar
- 3 Tbl olive oil
- 4 cloves of minced garlic
- 1 tsp oregano
- 1/4 tsp thyme (or you could use rosemary)

- juice from 1/2 lemon
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- You'll also need kebob skewers for this recipe

### **Instructions:**

The day before you're going to cook, combine everything but the lamb and the bell peppers in a large ziplock bag. Shake it up so it's mixed thoroughly. Add the lamb and mix to combine. Don't add the bell peppers yet, you'll use them tomorrow. Marinate the lamb and onions overnight in the fridge.

The next day, take your lamb out of the fridge before you prep your grill so it can start to get to room temperature. Then prepare your grill. Then skewer lamb chunks with slices of marinated onion and fresh bell pepper in between. Grill to desired doneness. Lamb is medium rare when the meat measures 145 degrees with a meat thermometer. If you really want it tender, take it off the grill when it gets to 135 degrees, then put it in a dish and tent it with foil for 10 minutes and let it rest. Super yum.

Enjoy!

Cheers,