THE MAGAZINE EDITORS' DIET lamb and artichoke kebabs PREPARATION TIME 5 PRINCIPS COORNAINS Soat cight bamboo steners in mare to seat lands them splintering and scorching 800g diced lamb 2 x 400g cans artichoke hearts trained have I large red capsicum (350gl. chopped cores 300g mushrooms hahed Parlic basil dressing sees shanks in five-spice, tamarind and ginger cup (125ml) red wine vinegar RECI PROPRESENTATION TIME 20 MINUTES COOKING TIME 2 HOURS TO MINUTES I transport five-spice powder espoons finely shiedded fresh basil I esepone dried chilli flakes FORMARDO SOCK I star arrive is the following say sauce to cap (125mg chinese rice wine 3 satisfactors samarand concentrate dijon mustard 2 satisspoors brown sugar arm price tresh ginger (40g), grated I cover gardic chopped coursely artichoke, capsicum and mustroom on some IN Caps (270ml) water a bench-bloomed lamb sharks (1.6kg) hes, on heated oiled grill plate for grill a week. 50g cray som, chapped into 10cm lengths 250p gail term I Archest oven to moderate. garlic basil dressing. a Dy-ty fac-spice chief, cinnamon and star anise in small heated frying ressing. and storing with fragrant Combine spaces with sauce, wine, tamarind, 3 Pact land in single layer, in large shallow baking dish; drizzle with spice Place ingredients in scientop in succeisome Cook covered in moderate over, turning lamb occasionally. about 2 hours or until meat is almost falling off the bone. Remove lamb tion sauce in dish: cover to keep warm. Skim and discard fat from surface of sauce, strain into small saucepan. # Soil Steam or microwave choy sum and gai larn, separately. ste; 10.39 total fat (3.59 sat 50) 5 Birds sales to a boil; boil, uncovered, 2 minutes, Divide vegetables 50.5g protein per serving 10.89 carbothydrate; 20.29 total fat (89 sat fat); carb up Serve with steamed basmad rice.

Magazine Editors Diet A Revolutionary Lowcarb Lowfat Diet

Yan Bai

 ${\bf Magazine\ Editors\ Diet\ A\ Revolutionary\ Lowcarb\ Lowfat\ Diet:}$

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