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Lamb Stir-Fry with Zucchini Noodles

This lamb stir-fry with zucchini noodles is a delicious and healthy meal option. The tender lamb is stir-fried with fresh zucchini noodles, creating a flavorful and satisfying dish. It's a great way to incorporate more vegetables into your diet while still enjoying the taste of lamb. The dish is easy to prepare and can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

300 g	lamb
400 g	zucchini
2 cloves	garlic

1 tsp	Ginger
2 tbsp	soy sauce
1 tsp	sesame oil
0.5 tsp	Salt
0.5 tsp	Black pepper
1 tbsp	olive oil

Directions

Step 1

Cutting

Slice the lamb into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cutting

Using a spiralizer, make zucchini noodles from the zucchini.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic and ginger.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Heating

In a large pan, heat the olive oil over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Stir-frying

Add the garlic and ginger to the pan and cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Stir-frying

Add the lamb to the pan and cook for 3-4 minutes, until browned.

Prep Time: 1 mins

Cook Time: 4 mins

Step 7

Stir-frying

Add the zucchini noodles to the pan and cook for 2-3 minutes, until tender.

Prep Time: 1 mins

Cook Time: 3 mins

Step 8

Stirring

Add the soy sauce, sesame oil, salt, and black pepper to the pan. Stir to combine.

Prep Time: 1 mins

Cook Time: 1 mins

Step 9

Stir-frying

Cook for an additional 1-2 minutes, until the flavors are well combined.

Prep Time: 1 mins

Cook Time: 2 mins

Step 10

Serving

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Cuisines

Italian

Thai

Mediterranean

American

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Brunch

Difficulty Level

Medium

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