

Low FODMAP BBQ Lamb Skewers with Creamy Lemon Yogurt

Tender marinated lamb skewers with tangy yogurt dressing, crispy smashed potatoes, and fresh slaw - a complete FODMAP-friendly feast that's perfect for summer grilling.

Prep: 30 min

Cook: 60 min

Total: 90 min

Servings: 4

Low FODMAP ✓

Ingredients

Choose well-marbled cuts for juiciest results 600g lamb leg or shoulder, cut into 3cm cubes

FODMAP-safe garlic flavor without the fructans 3 tablespoons garlic-infused olive oil

Fresh herbs are low FODMAP and add aromatic depth 2 tablespoons fresh rosemary, finely chopped

Adds smoky BBQ flavor without high-FODMAP ingredients 1 tablespoon smoked paprika

Warm spice that's safe in typical amounts 1 teaspoon ground cumin

Citrus is low FODMAP and adds brightness 1 lemon, zested and juiced (divided)

Essential seasoning for all components Salt and black pepper to taste

Provides creamy dressing without lactose concerns 200g lactose-free Greek yogurt

Fresh herb that's low FODMAP and pairs beautifully with yogurt 2 tablespoons fresh dill, chopped

Naturally low FODMAP in all amounts, perfect for crispy smashing 500g baby potatoes (for smashing) fodmapdiets.com/recipes/low-fodmap-bbq-lamb-skewers-creamy-lemon-yogurt

Helps achieve golden, crispy edges 2 tablespoons olive oil (for potatoes)

Safe up to 75g per serving, this recipe uses appropriate amounts 150g green cabbage, finely shredded

Low FODMAP up to 75g per serving, adds color and crunch 1 medium carrot, julienned

Light dressing for the fresh vegetables 1 tablespoon olive oil (for slaw)

Adds tangy freshness to balance the slaw 1 tablespoon lemon juice (for slaw)

Instructions

Step 1: Marinate the Lamb

(15 min)

In a large bowl, combine the lamb cubes with garlic-infused olive oil, chopped rosemary, smoked paprika, cumin, lemon zest, half the lemon juice, salt, and pepper. Mix thoroughly to coat every piece of meat. Cover and refrigerate for at least 2 hours, or ideally overnight for maximum flavor penetration. Remove from refrigerator 30 minutes before grilling to bring to room temperature.

Step 2: Prepare the Yogurt Dressing

(5 min)

In a small bowl, whisk together the lactose-free Greek yogurt, remaining lemon juice, chopped dill, and a pinch of salt and pepper. The dressing should be smooth and pourable - add a tablespoon of water if it's too thick. Taste and adjust seasoning, then refrigerate until serving. The flavors will meld beautifully as it sits.

Step 3: Cook and Smash the Potatoes

(45 min)

Place baby potatoes in a large pot of salted water and bring to a boil. Cook for 15-20 minutes until completely tender when pierced with a fork. Drain well and let steam dry for 2 minutes. Place potatoes on a baking sheet, then use the bottom of a glass or potato masher to gently press each potato until it's about 1cm thick. Drizzle with olive oil, season with salt and pepper, then roast at 220°C (425°F) for 20-25 minutes until golden and crispy at the edges.

Step 4: Make the Fresh Slaw

(10 min)

While the potatoes roast, combine shredded cabbage and julienned carrot in a bowl. Dress lightly with 1 tablespoon olive oil, 1 tablespoon lemon juice, salt, and pepper. Toss well and let sit at room temperature to soften slightly. The slaw adds essential crunch and freshness to balance the rich lamb and creamy dressing.

Step 5: Assemble and Grill the Skewers

(15 min)

Thread the marinated lamb cubes onto metal or pre-soaked wooden skewers, leaving small gaps between pieces for even cooking. Preheat your grill or grill pan to medium-high heat. Grill the skewers for 8-12 minutes total, turning every 2-3 minutes, until the lamb is beautifully charred on the outside but still slightly pink in the center for medium doneness. The internal temperature should reach 60-63°C (140-145°F) for medium. Let rest for 5 minutes before serving.

Step 6: Serve and Enjoy

(5 min)

Arrange the crispy smashed potatoes on serving plates, top with fresh slaw, and place the lamb skewers alongside. Drizzle the creamy lemon yogurt dressing generously over everything, or serve it on the side for dipping. Garnish with extra fresh dill or a lemon wedge if desired. This complete meal delivers satisfying flavors and textures while keeping your digestive system comfortable.