



## SIBO LAMB & LETTUCE POCKETS

PREP TIME: 9 hours  
COOK TIME: 20 mins  
TOTAL TIME: 9 hours 20 mins  
SERVES: 4 for entrée

### INGREDIENTS

Slow Cooker:

650g lamb shoulder

1 teaspoon salt

Skillet Seasoning blend:

1-2 chopped jalapeños (depending on how spicy you like it)

1 teaspoon chopped fresh oregano

1 teaspoon coriander

$\frac{3}{4}$  teaspoon paprika

$\frac{1}{2}$  teaspoon black pepper

$\frac{1}{2}$  teaspoon cumin

1 lime or lemon

5 tablespoon garlic infused oil

1  $\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon chopped fresh marjoram

### INSTRUCTIONS

- 1) Put lamb shoulder in slow cooker pressing salt into both sides
- 2) Cook on low overnight
- 3) Remove lamb from crock pot and put in fridge for a few hours or until fat hardens
- 4) Remove meat from fat and pull the meat apart into shredded pieces
- 5) Heat pan on medium high heat
- 6) Add garlic infused oil, then add shredded meat
- 7) Add all spices and salt
- 8) Sauté until meat starts to brown
- 9) Add lemon or lime and Serve in a lettuce shell with any toppings of your choice