

Moroccan Lamb Kebabs with Minted Yoghurt

Ingredients

Natural yoghurt 260g

Toasted ground cumin seeds ½ tsp

Garlic cloves x2, crushed

Fresh lemon rind 1 tsp, finely grated

Fresh lemon juice 1 tbsp

Lemon x2, cut into wedges

Fresh mint leaves 50g

Moroccan seasoning 1 ½ tbsp

Lamb leg steaks 550g, trimmed and cut into 2.5cm pieces

Olive oil 50ml

Sweet potato x1, thinly sliced

Red, yellow and green capsicum x 1 of each, halved, seeded & sliced into 3cm squares for skewers

Red onion x1, cut into 3cm squares for skewers

Asparagus bunches x2, peeled and trimmed

Salt & Pepper, to taste

Skewers x8, soaked in cold water

Method

Step 1

Combine yoghurt, garlic, lemon rind, lemon juice, chopped mint leaves and toasted ground cumin seeds in a bowl. Season with salt and pepper.

Step 2

Add the Moroccan seasoning to the lamb. Toss to coat Lamb then thread on pre-soaked skewers, alternate lamb, onion, and capsicum. Leave a small amount of skewer with nothing on top and bottom for turning in grill pan.

Step 3

Oil the grill Pan. Preheat on medium-high. Cook the sweet potato and asparagus turning occasionally, for 7-8 minutes or until tender and transfer to a tray. Cover with foil to keep warm. Cook the lamb on grill for 3-4 minutes each side for medium or until cooked to your liking.

Step 4

Serve lamb skewers with minted yoghurt and vegetables with lemon wedges.



Pic for illustration purposes only. Recipe may vary in appearance to pic.