

Lamb Kebabs

Serves: 4 (makes 8 kebabs)

Prep time: 15 minutes + 1 hr marinating

Cook time: 15 minutes



1 serve per portion

Ingredients

¼ cup red wine

2 tablespoons olive oil

1 tablespoon lemon juice

1 garlic clove, crushed

1 tablespoon dried rosemary

500g lamb steak, fat trimmed, cut in 2cm cubes

1 cup mushrooms, cut in 2cm cubes

½ red capsicum, cut in 2cm cubes

½ green capsicum, cut in 2cm cubes

1 apple, cut in 2cm cubes

1 pear, cut in 2cm cubes

Mint dressing:

1 cup mint, chopped

1 teaspoon white vinegar

1 teaspoon honey

⅔ cup boiling water

Method

MIX red wine, olive oil, lemon juice, garlic and rosemary in a bowl. Add lamb and marinate for at least one hour.

THREAD marinated lamb, vegetables and fruit onto skewers, alternating.

COMBINE mint dressing ingredients in a bowl and drizzle over the kebabs.

COOK on medium heat on a BBQ or a chargrill pan for 15-20 minutes or until the meat is cooked through. Rotate occasionally.

SERVE the kebabs hot with your choice of side salad.



Everyday Food

Recipe courtesy of Kerry Hampstead, Wallangarra Branch