

Adults help required using knives, preparing, skewering meat and cooking.



Cook Your Own - Lamb Kebabs

This recipe can be changed to suit your tastes. With the recent hot weather it seems right to make kebabs to be cooked on the BBQ or under the grill.

This recipe makes about 3 large kebabs

Ingredients

Lamb chunks, 300gms will make 3 Kebabs

Bell Pepper – Remove stalk, inner seeds, cut into chunks a similar size to the lamb (so it all cooks in the same time)

Tomato x 3 large or 6 bite sized

Mushroom 3 Large cut in half or Button x 6

½ Onion : red or white .

Marinade :

One good stalk of Rosemary (strip needles from stalk, finely chop))

2 tablespoons of Oil, 1 clove garlic or garlic paste

Juice ½ Lemon

Method

1. Prepare the Marinade, Mix the chopped rosemary, oil, garlic, paste and lemon juice
2. Marinade the meat, Adding the meat chunks to the marinade covering each piece, leave in fridge for about an hour.
3. Prepare the skewers, using wooden or metal skewers. Select your veg and lamb pieces and thread them carefully onto the skewer.
4. Cook on the BBQ or under the grill until perfectly charred and tasty—Enjoy!

Always ask for an adult's permission before cooking in the kitchen

