



MEDITERRANEAN LAMB SKEWERS

by Tim Bone

MAKES: 12

INGREDIENTS

YOU'LL NEED 12 MEDIUM SIZE SKEWERS

1 LARGE ZUCCHINI, CHOPPED INTO 3 CM CHUNKS

1 LARGE GREEN CAPSICUM, CHOPPED INTO 3 CM CHUNKS

1 LARGE RED ONION, CHOPPED INTO 3 CM CHUNKS

200 G PUNNET OF CHERRY TOMATOES, WHOLE

200 G SMALL BUTTON MUSHROOMS, WHOLE

500 G DICED LAMB

FOR THE BASTING SAUCE

4 GARLIC CLOVES, FINELY CHOPPED

1/4 CUP FRESH OREGANO, CHOPPED

1 TBSP ROSEMARY, CHOPPED

1 TSP OF SALT

1/2 TEASPOON OF PEPPER

ZEST AND JUICE OF 1 LEMON

1/4 CUP OF HONEY

1/2 CUP OF OLIVE OIL

CRUMBLLED GOATS CHEESE OR FETA TO SERVE

METHOD

1. SOAK THE SKEWERS IN WATER FOR AT LEAST HALF AN HOUR BEFORE USING. THIS WILL STOP THE SKEWERS FROM BURNING ON THE BARBECUE.

2. THREAD THE ZUCCHINI, CAPSICUM, RED ONION, CHERRY TOMATOES, MUSHROOM AND DICED LAMB ONTO THE SKEWERS.

PLACE ONTO A BAKING TRAY.

3. TO MAKE THE BASTING SAUCE, PLACE ALL INGREDIENTS INTO A BOWL AND WHISK TO COMBINE.

4. COOK THE SKEWERS ON THE BARBECUE FOR 8 MINUTES TURNING, EVERY COUPLE OF MINUTES, BASTING WITH THE SAUCE ALONG THE WAY.

5. SERVE WITH CRUMBED GOATS CHEESE OR FETA ON TOP