

LAMB SKEWERS WITH PISTOU, EGGPLANT DIP AND LEBANESE BREAD

Preparation Time

20 minutes

Equipment

You will need 12 bamboo or metal skewers for this recipe

INGREDIENTS

- 4 lamb eye of loin (back straps), cut in half lengthways, cut into 2cm cubes approx 800g
- Freshly ground black pepper
- 1 x 200g ctn eggplant with shallots dip
- 4 rounds Lebanese bread, cut in half
- Lemon wedges, to serve

Pistou

- 2 tbs finely grated lemon rind
- 1 tbs finely chopped fresh continental parsley
- 1 tbs finely chopped fresh oregano
- 1 tbs olive oil
- 1 garlic clove, finely chopped

METHOD

1. Thread the lamb evenly among skewers. Season with pepper.
2. To make the pistou, whisk together the lemon rind, parsley, oregano, oil and garlic in a small bowl.
3. Heat a barbecue or chargrill on high. Add the lamb and cook for 2 minutes each side for medium-rare or until cooked to your liking. Remove from heat.
4. Place the eggplant dip in a serving bowl. Fold the bread into quarters to form triangles. Place on a serving platter with the dip. Arrange lamb skewers on a separate platter. Drizzle with pistou and serve immediately with lemon wedges.

Serves 6

	Per Serving (225g)	Per 100g
Energy	1452	644
Protein	32.8	14.5
Fat – Total	9.5	4.2
- Saturated	2.9	1.3
Carbohydrate - Total	31	13.8
- Sugars	2.8	1.2
Sodium	338	150

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