

# LAMB SKEWERS with LEMON AND GARLIC

## INGREDIENTS

- 500g lean lamb leg steak or lamb fillet, diced
- 1 red capsicum, cut into 2cm pieces
- 2 garlic cloves, crushed
- 1 lemon, juiced
- 1/2 teaspoon dried mint
- 1/2 cup low-fat Greek-style yoghurt
- 4 large potatoes
- olive oil cooking spray
- 80g salad leaves e.g. baby spinach, roquette, radicchio
- 1 Lebanese cucumber, thinly sliced

## METHOD

1. Thread lamb and capsicum alternately onto skewers. Combine half the garlic, 1/4 cup lemon juice and mint in a ceramic dish. Add skewers and turn to coat in garlic mixture. Cover and refrigerate for 30 minutes, if time permits.
2. Combine remaining garlic and yoghurt in a small bowl. Refrigerate until ready to serve.
3. Pierce each potato with a fork and place on a microwave-safe plate. Microwave, uncovered, on HIGH (100%) for 8 to 10 minutes or until just cooked through. Allow to cool slightly.
4. Cut potatoes into 1cm-thick slices.
5. Preheat barbecue grill and plate on medium-high heat. Spray skewers with oil. Grill for 3 to 4 minutes each side for medium or until cooked to your liking. Spray potato slices with oil. Cook on barbecue plate for 2 minutes each side or until golden. Remove potato to a plate.
6. Divide salad leaves and cucumber between plates. Top with skewers. Serve with potato and yoghurt.

Serves 4

	Per Serving	Per 100g
Energy	1272kJ	349kJ
Protein	32g	9g
Fat – Total	9g	3g
- Saturated	3g	<1g
Carbohydrate - Total	20g	6g
- Sugars	5g	1g
Sodium	115mg	32mg

**BIG  
RED  
BBQ**

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