

ROSEMARY LAMB SKEWERS

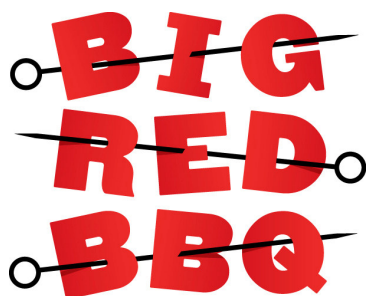
INGREDIENTS

- 1kg boneless lamb leg or shoulder, trimmed of excess fat and cut into 2cm cubes.
- ¼ cup good-quality olive oil
- ¼ cup lemon juice
- 3 cloves garlic, crushed
- 1 teaspoon finely grated lemon zest
- 1 tablespoon finely chopped rosemary leaves
- 8-12 thick rosemary stalks (about 14cm long)
- 1 teaspoon freshly ground black pepper
- Lemon wedges to garnish

METHOD

1. Combine the lamb, oil, lemon juice, garlic, lemon zest and chopped rosemary in a shallow bowl, cover with plastic film, and marinate in the fridge for 2-12 hours. Bring the meat to room temperature by removing from the fridge half an hour before cooking.
2. If using rosemary stalks as skewers, cut a diagonal slice off the woody end so you have a sharp point to push through the meat.
3. Season the marinated meat with pepper and stir through, then thread two or three pieces of lamb onto each rosemary skewer. If you have trouble threading the meat on, carefully pierce through each piece with a metal skewer and then slide onto the rosemary stalk.
4. Cook on a preheated flat grill plate or chargrill over medium heat for a few minutes each side, until done to your liking. Garnish with lemon wedges and serve immediately.

	Per Serving	Per 100g
Energy	853kJ	878kJ
Protein	18g	19g
Fat – Total	14g	15g
- Saturated	4g	4g
Carbohydrate - Total	<1g	<1g
- Sugars	<1g	<1g
Sodium	52mg	53mg



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