

# TURKISH SHISH KEBABS

## INGREDIENTS

- 1kg boneless lean leg of lamb, cut into 3cm cubes
- 12 metal or bamboo skewers
- 2 medium zucchini, cut into 5mm thick slices
- 1 red onion, cut into 2cm pieces
- 1 red capsicum, white insides and seeds removed, cut into 2cm pieces
- 1 green capsicum, white insides and seed removed, cut into 2cm pieces
- 8 cherry tomatoes

### *Marinade*

- 200g plain or Greek-style yoghurt
- 2 tablespoons olive oil
- 3 cloves garlic, crushed
- 1 teaspoon dried chilli flakes
- 1 teaspoon freshly ground black pepper

## METHOD

1. Combine all the marinade ingredients together with the lamb in a shallow bowl, cover with the plastic film, and marinate in the fridge for 2-24 hours.
2. If using bamboo skewers, soak them in water for 1 hour before use to prevent them from burning. Bring the lamb to room temperature by removing from the fridge half an hour before cooking.
3. Divide the lamb pieces between eight skewers and cook on a preheated chargrill over high for about 10 minutes, turning to ensure each side is cooked evenly.
4. While the meat is cooking, divide the vegetables among four skewers, and then cook alongside the meat (the vegetable should be done in about 5 minutes).
5. Serve two lamb kebabs and one vegetable kebab per person, with pita or Turkish bread.

Serves 4

	Per Serving	Per 100g
Energy	2088kJ	450kJ
Protein	60g	13g
Fat – Total	25g	5g
- Saturated	9g	2g
Carbohydrate - Total	8g	2g
- Sugars	7g	2g
Sodium	200mg	43mg

**BIG  
RED  
BBQ**

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