

## Moroccan Style Scotch Lamb Kebabs



### Cooking Time/Servings

**Preparation Time: 5 minutes**

**Cooking Time: 10 minutes**

**Serves: Makes 2 kebabs**

### Ingredients

300g (10oz) lean Scotch Lamb leg steaks, cut into 2cm cubes  
2-3 tbsp natural yoghurt  
1 tsp Harissa paste, or to taste  
1 red or yellow pepper, deseeded and cut into 2cm chunks  
1 red onion, cut into wedges

### Cooking Method

1. Mix together the yoghurt and Harissa paste in a bowl. Add the lamb, coating the cubes thoroughly.  
2. Thread the lamb alternately with the peppers and onion onto skewers.  
3. Cook under a preheated hot grill or over the coals for 10-12 minutes or until the lamb is cooked to your liking, turning the kebabs occasionally and brushing with any leftover marinade.

### Eat

Serve on a bed of couscous or in warmed pitta bread with crisp lettuce and cooling yoghurt, mint and cucumber.  
Hints and Tips: Cube the lamb from gigot or shoulder steaks or a boned half leg of lamb. Not into spices? Then stir some mint sauce into the yoghurt with a chopped green chilli, or some mango chutney and finely chopped onion. Enjoy the kebabs with simply cooked couscous, rice or bughur wheat: just add your own twist of ingredients: chopped spring onions, cucumber, sultanas or chopped dried apricots. Harissa is a fiery blend of Middle Eastern spices conveniently bought as a paste. Delicious brushed over meat when grilling or stirred into casseroles. If using wooden skewers, soak them first in water to help prevent them from charring during grilling.  
Nutritional Information: Kcals 403 Fat (g) 15.8 Protein (g) 49 Sugar (g) 15.1 Salt (g) 0.9

