

SPIKED LAMB KEBABS WITH RAITA

Serves: 4

Ingredients

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons ground paprika
- 500g lamb backstrap or sirloin, trimmed of any visible fat and cut into cubes
- 8 wooden skewers, soaked in water for 10-15 minutes
- 400g Australian reduced fat or skim natural yogurt
- 1 small Lebanese cucumber, finely chopped
- 1 teaspoon crushed garlic
- 2 tablespoons finely chopped coriander
- Cooked basmati rice, or green salad, for serving



Nutritional Information:

Kilojoules 843 kJ
Calories 200 cal
Protein 32 g
Total fat 4.8 g
Carbohydrate 7 g
Sodium 154 mg
Calcium 234 mg
Iron 3 mg
Fibre 1 g

Method

1. Combine ground coriander, cumin and paprika in a bowl and toss in the lamb cubes until coated. Thread onto eight wooden skewers.
2. Combine yogurt, cucumber, garlic and chopped coriander to make a raita.
3. Grill or BBQ skewers until lamb has browned and is still pink in the centre. Serve with raita and rice or salad.

© Recipe and images kindly provided by Dairy Australia