

Lamb Mince Kebabs (Yemen)

Meat Main Meal



This recipe makes
8 x 60g
or 6 x 80g
servings

40 minutes
(includes 30 mins
marinating)
prep time

8-10 minutes
cooking time

Ingredients

- 500g Minced lamb
- 70g Grated or finely chopped onion
- 30ml Fresh lemon juice
- 2g Finely chopped parsley
- 57g 1 beaten egg
- 25g White dried breadcrumbs
- 0.5g Ground cinnamon
- 1g Allspice
- 1g Salt
- 0.25g Black pepper

Method

1. Combine all ingredients thoroughly in a large bowl and leave to marinate for 30 minutes
2. Take a heaped tablespoon amount of the mixture and form into sausage shapes by gently squeezing meat together to form kebabs
3. Arrange on the griddle leaving space between kebabs. Grill on a medium to high heat for approximately 8-10 minutes until brown. Turn over once during cooking

8 Primary
or 6
Secondary
portions

Tip =
Serve with salad
and pita bread
to make a tasty
'grab and go'

**High in
zinc**

Recipe with
thanks to
Little Ilford
School,
Newham
Catering
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Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	195	117	156
Fat g	10.8	6.5	8.6
Saturates g	4.8	2.9	3.8
Carbohydrate g	4.8	2.9	3.8
NME sugars g	0.1	0.1	0.1
Fibre/NSP g	0.1	0.1	0.1
Protein g	20.5	12.3	16.4
Iron mg	2.0	1.2	1.6
Zinc mg	3.8	2.3	3.0
Calcium mg	31	19	25
Vitamin A ug	26.5	16	21
Vitamin C mg	3.5	2.1	2.8
Folate ug	17	10	14
Sodium mg	164	98	131