



Moroccan Lamb Skewers

1hr 20  -  2  Easy 

Ingredients :

- Marinade :

- 2 tsp of Coriander
- 1 tsp of lazy Garlic
- 1 tsp of Smoked Paprika
- 1 tsp of Cumin
- 1/4 tsp black pepper
- 1/4 tsp Chilli Powder
- 30 ml of Extra virgin Oil
- 10 ml of Lemon Juice

- For the Skewers :

- 300 g Lamb Leg
- 8 Cherry tomatoes
- 2 Red Onion
- 1 Green Pepper

Salt & Pepper for seasoning

[For the Couscous](#)



Method :

- To make these Moroccan Lamb Skewers you are going to need to make a Moroccan seasoning, this is listed in the first 8 ingredients of this recipe. Combine all of the dry ingredients into a medium mixing bowl.
- then add the wet ingredients, oil & lemon juice. Mix this together with a fork then set aside.
- As we are using leg steaks we need to cut these into cubes, you are going to need four or five cubes per skewer, so cut 20+ even pieces.
- You can use a Loin Fillet of Lamb if you want a better cut of meat.
- Mix the chunks of Lamb into the Marinade and coat them evenly. Cover and refrigerate for upto an hour.
- While the Lamb is in the fridge you can prep your veg.
- Peel your red onions (Small ones are best) then cut them into wedges. You will need at least 12 wedges.
- Cut and seed the Green Pepper, then cut this into small squares. Again you will need about 12.
- You can cut the cherry Tomatoes in half if you like, but I prefer to use them whole.
- Once the meat has been marinated for about an hour it is time to put the skewers together.
- I like to start with a tomato then lamb, onion and pepper. You can alternate this until you have about four or five pieces of lamb per skewer. (See picture.)
- When you have made all four skewers it is up to you how you want to cook them. You can cook them in a preheated oven at 180 c for about 20 minutes or you can grill them for 5 to 6 minutes either side so that the lamb is medium.
- I am going to use a griddle pan and a splash of olive oil, get the pan hot then chargrill the skewers for a few minutes on all sides so that the cherry tomatoes and onions get a nice colour.
- When you have cooked the skewers this way you can hold them in a preheated oven at 70 - 100 c while you make the Mint & Vegetable Couscous.
- Serve with a Yogurt and mint dip.