

Honey and Mustard Lamb Kebabs with Cucumber Salsa

Serves 4

Preparation time: 15 minutes

Cooking time: 12-15 minutes

Ingredients:

400g/14oz lean lamb leg steaks, cut into 2.5cm cubes

2 small red onions, peeled and cut into wedges

1 small red pepper, cored, deseeded and cut into chunks

1 small yellow pepper, cored, deseeded and cut into chunks

For the Honey and Mustard Marinade:

60ml/4tbsp clear honey or maple syrup

30ml/2tbsp Dijon or English mustard

30ml/2tbsp fresh orange juice

Salt and freshly milled black pepper

30ml/2tbsp freshly chopped rosemary leaves

For the Cucumber Salsa:

½ cucumber, finely diced

1 small dessert apple, cored and finely chopped

2 spring onions, finely chopped

Juice of 1 large lime

½ x 30g pack fresh mint leaves, finely chopped

Potato wedges, to serve

Method:

1. In a large shallow dish, mix all the marinade ingredients together. Cover and leave to marinate in the fridge for 10-20 minutes.
2. Meanwhile, prepare the salsa; in a large bowl mix all the salsa ingredients together.
3. Thread the lamb with the vegetables onto 6 short metal or wooden skewers (previously soaked in water for 20 minutes). Cook under a preheated moderate grill, on a prepared barbecue or on the hob in a frying pan for 12-16 minutes, turning once, until any meat juices run clear.
4. Transfer the kebabs to a warm plate and serve with potato wedges and the cucumber salsa.