



Lamb skewers

Prep: 15 minutes • Cook: 30 minutes • Serves: 4



Ingredients

Marinade

2 dessertspoons honey
Zest and juice of $\frac{1}{2}$ lemon, other half cut into four wedges

Skewers

250g bulgur wheat
300g lamb leg steaks, cut into 2cm pieces
160g courgettes, chopped into 2cm pieces
80g watercress
1 green pepper, deseeded and chopped into 2cm pieces

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **57g**
Low protein ✗
Low salt ✓
Cost per portion (Dec 2022) **£2**
Energy in kcals **409**

- 1** Put the bulgur wheat into a bowl and cover it with boiling water. Cover the bowl and leave it for 25 minutes, or until all the water has been absorbed. Heat the oven to 180°C/ 160°C fan/ gas mark 4. Warm the honey slightly in the microwave and mix in the lemon zest and juice. Then stir the lamb strips into the mixture, coating thoroughly.
- 2** Thread the lamb strips onto skewers, alternating with courgettes and pepper. Pour any remaining marinade over the kebabs.
- 3** Put the kebabs onto a baking tray and spray with a little low-fat oil. Cook in the oven for 20 minutes, turning once. While the kebabs are cooking, roughly chop the watercress and mix it into the bulgur wheat.
- 4** Serve two kebabs on each plate with the bulgur wheat and garnish with a wedge of lemon.