

Lamb Steak Kebabs with Mint and Caper Salsa



Cooking time: 20 mins plus marinating time

Serves: 2

how to cook

- 1 Mix together the rosemary, oil and garlic. Add the lamb and vegetables and mix well to coat. Marinate for at least half an hour, or overnight.
- 2 Combine the salsa ingredients and set aside.
- 3 Thread lamb, peppers and courgettes onto 4 skewers and season. Griddle or barbecue for 8-10 minutes, turning until lightly charred.
- 4 Spoon over a little of the salsa.
- 5 Serve with extra salsa, flat bread and salad.

what you need

- 350g John Penny lamb leg steaks, trimmed of all fat
- 1tbsp rosemary, finely chopped
- 1tbsp olive oil
- 2 garlic cloves, crushed, cut into 1½ cm cubes
- 1 sweet pepper, deseeded and cut into small chunks
- 1 courgette, halved and cut into chunks
- flat bread
- salad to serve

For the salsa:

- 1tbsp baby capers
- 2tbsp fresh mint, chopped
- 1 red chilli, finely chopped
- 1½tbsp red wine vinegar
- 1tsp Dijon mustard
- 1tsp honey
- 2tbsp olive oil

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