



QCOOK

Indian Tikka Lamb Skewers

with radish & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	510kJ	2781kJ
Energy	122kcal	665kcal
Protein	6.5g	35.6g
Carbs	6g	33g
of which sugars	2.9g	15.7g
Fibre	1.7g	9.3g
Fat	7.7g	42.2g
of which saturated	3g	16.4g
Sodium	35mg	191mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Wooden Skewers
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
160g	320g	Free-range Lamb Chunks <i>cut into bite-sized cubes</i>
10ml	20ml	Spice & All Things Nice Tikka Curry Paste
10g	20g	Sunflower Seeds
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
30ml	60ml	Low Fat Plain Yoghurt
20g	40g	Salad Leaves <i>rinse</i>
120g	120g	Carrot <i>rinse, trim, peel & grate ½ [1]</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. SOAK THE SKEWERS Preheat the oven to 200°C. Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning). Separate the layers of the onion into petals.

2. THREAD & BAKE In a bowl, add the onion petals, the lamb, a drizzle of oil, and the curry paste (to taste). Toss until fully coated. Thread 1 lamb cube and 2-3 onion petals on to a skewer, making sure they are secure. Repeat in the same order, filling up the skewers. Place on a greased baking tray. Pop in the hot oven and bake for 10-12 minutes. When the skewers have 5 minutes remaining, increase to the highest temperature or the grill setting. The lamb should be browned.

3. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. FLAVOUR TOWN In a bowl, combine ¾ of the coriander, the yoghurt, and seasoning. Add water in 5ml increments until a drizzling consistency.

5. CRUNCHY SALAD In a salad bowl, combine the leaves, the carrot, the radish, the sunflower seeds, a drizzle of oil, and seasoning.

6. TASTY LAMB DINNER! Plate up the lamb skewers. Side with the loaded salad and the coriander yoghurt for dunking. Sprinkle over the remaining coriander. Dig in, Chef!