

UCOOK

Indian Tikka Lamb Skewers

with radish & fresh coriander

Make restaurant-quality lamb skewers in the comfort of your own kitchen! Cubes of lamb and onion are coated in a fragrant tikka curry paste before being threaded onto skewers and baked to perfection. It is served with a grated carrot, radish rounds and sunflower seed salad for some crunch and acidity. Finally, a lush coriander yoghurt seals the deal!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

6	Wooden Skewers
2	Onions <i>1½ peeled & cut into wedges</i>
480g	Free-range Lamb Shoulder <i>cut into cubes</i>
30ml	Tikka Curry Paste
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
90ml	Low Fat Plain Yoghurt
60g	Salad Leaves <i>rinsed</i>
240g	Carrot <i>¾ grated</i>
60g	Radish <i>rinsed & sliced into rounds</i>
30g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
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 wedges into petals.

2. THREAD & BAKE In a bowl, add the onion petals, the lamb cubes, 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 each skewer until all the skewers are full. On completion, place on a greased baking tray. Pop in the hot oven and bake for 10-12 minutes.

3. FLAVOUR TOWN When the skewers have 5 minutes remaining, increase to the highest temperature or the grill setting. On completion, the lamb should be browned. In a bowl, combine ¾ of the chopped coriander, the yoghurt, and seasoning. Add water in 5ml increments until a drizzling consistency.

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

5. 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!



Chef's Tip

If you want to toast your sunflower seeds, place in a pan over a medium heat. Toast for 2-4 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

Nutritional Information

Per 100g

Energy	562kj
Energy	134kcal
Protein	7.5g
Carbs	6g
of which sugars	2.5g
Fibre	1.8g
Fat	8.7g
of which saturated	3.1g
Sodium	38mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days