



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Fan Faves

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

|      |                                                                |
|------|----------------------------------------------------------------|
| 2    | Wooden Skewers                                                 |
| 1    | Onion<br><i>½ peeled &amp; cut into wedges</i>                 |
| 160g | Free-Range Lamb Shoulder<br><i>cut into cubes</i>              |
| 10ml | Tikka Curry Paste                                              |
| 4g   | Fresh Coriander<br><i>rinsed, picked &amp; roughly chopped</i> |
| 30ml | Low Fat Plain Yoghurt                                          |
| 20g  | Salad Leaves<br><i>rinsed</i>                                  |
| 120g | Carrot<br><i>½ grated</i>                                      |
| 20g  | Radish<br><i>rinsed &amp; sliced into rounds</i>               |
| 10g  | 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 both skewers until both 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  $\frac{3}{4}$  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