

Lamb and Vegetable Kebabs



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PREP TIME: 15 min **COOKING TIME:** 10 min **MAKES:** 10 Skewers **DIFFICULTY:** Easy

Ingredients

500g lean lamb fillets, cut into 4cm cubes
2 cloves garlic, crushed
1 teaspoon dried mint
1 tablespoon olive oil
8-10 mushrooms, halved
1 large red capsicum, cut into 4cm squares
1 large green capsicum cut into 4cm squares
2 red onion, cut into 4cm wedges
1 lemon
Pitta bread, red oak lettuce, lemon wedges and hummus to serve.

Method

1. Soak 10 long bamboo skewers in water for 30 minutes.
2. Combine diced lamb with garlic, dried mint and olive oil. Toss to mix well.
3. Thread one cube of lamb onto a skewer, followed by green capsicum, red onion, half a mushroom and one piece of red capsicum. Thread a second cube of lamb and repeat with red onion, mushroom and red capsicum.
4. Continue with the remaining nine skewers.
5. Preheat a BBQ plate or char-grill pan over medium-high heat. Spray skewers with cooking spray and cook for 5-8 minutes, turning over halfway. Transfer to a tray, squeeze over some lemon juice and keep warm
6. Split open pitta bread and dollop hummus. Fill with barbecue lamb and vegetables and lettuce.

Notes

- Skewers can be made a day in advance. Cover and refrigerate. Leave at room temperature for 20 minutes before barbecuing.
- Lamb fillets can be replaced with diced lamb leg.

Nutritional profile per serve (skewer)

Energy	402kj
Protein	13g
Carbohydrate	3g
Fibre	2g
Sodium	33mg (low)
Potassium	406mg (high)
Phosphate	180mg (take a phosphate binder with this meal if you are prescribed them)

This recipe is suitable for everyone with kidney disease.

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