

OVERALL time: 70 mins

CURRIED LAMB KEBABS WITH RAITA

A mildly spiced yoghurt marinade makes these lamb kebabs an aromatic and flavourful dish.

Metric

Number of servings : 4

ingredients

For the lamb kebabs

- Metal or wooden skewers
- 2.5 kg Lamb leg, deboned
- 500 ml Double cream yoghurt
- 45 ml Cape Herb & Spice Butter Chicken Curry
- 1 Medium onion, chopped
- 3 Garlic cloves, chopped
- 15 ml Chopped ginger
- 30 ml Tomato paste

For the raita

- 1 Clove of garlic, finely chopped
- 15 ml Chopped coriander
- 15 ml Chopped mint
- 60 ml Finely diced cucumber
- Zest and juice of 1 lemon
- 15 ml Ground cumin
- Sea salt and freshly ground pepper

To serve

- 6 Rotis
- Fresh coriander

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 60 mins | COOKING TIME: 10 mins

Lamb Kebabs

Cut the lamb into even size chunks. Mix the yoghurt, spice, onion, garlic, ginger and tomato paste in a large bowl; add the lamb and mix well to combine. Allow to marinate for at least 1 hour or overnight if possible (overnight is preferable for maximum flavour and tenderness).

Raita

Mix all the ingredients for the raita together, then cover and place in the fridge until needed.

Lamb Kebabs cont.

Thread the lamb onto skewers, about 5-6 pieces per kebab. Prepare a braai fire; when the coals are hot and ready, braai the kebabs flipping frequently. Baste with the remaining yoghurt marinade as you braai.

Braai the kebabs for around 10 minutes so that they are charred on the exterior and slightly pink on the interior. Allow to rest for 5-8 minutes before serving.

To Serve

Serve the rested lamb skewers with warmed rotis, raita and fresh coriander. The best way to enjoy this dish is to take the lamb chunks off the skewers; tear off a piece of roti, add a chunk of braaied lamb, dollop raita on top, add a sprig of coriander and tuck in.

Recipe & Image by: CRUSH MAGAZINE

<https://capeherb.co.za>

Metric

ingredients

For the lamb kebabs

- Metal or wooden skewers
- 2.5 kg Lamb leg, deboned
- 500 ml Double cream yoghurt
- 45 ml Cape Herb & Spice Butter Chicken Curry
- 1 Medium onion, chopped
- 3 Garlic cloves, chopped
- 15 ml Chopped ginger
- 30 ml Tomato paste

For the raita

- 1 Clove of garlic, finely chopped
- 15 ml Chopped coriander

- 15 ml Chopped mint
- 60 ml Finely diced cucumber
- Zest and juice of 1 lemon
- 15 ml Ground cumin
- Sea salt and freshly ground pepper

To serve

- 6 Rotis
- Fresh coriander

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 60 mins | COOKING TIME: 10 mins

Lamb Kebabs

Cut the lamb into even size chunks. Mix the yoghurt, spice, onion, garlic, ginger and tomato paste in a large bowl; add the lamb and mix well to combine. Allow to marinate for at least 1 hour or overnight if possible (overnight is preferable for maximum flavour and tenderness).

Raita

Mix all the ingredients for the raita together, then cover and place in the fridge until needed.

Lamb Kebabs cont.

Thread the lamb onto skewers, about 5-6 pieces per kebab. Prepare a braai fire; when the coals are hot and ready, braai the kebabs flipping frequently. Baste with the remaining yoghurt marinade as you braai.

Braai the kebabs for around 10 minutes so that they are charred on the exterior and slightly pink on the interior. Allow to rest for 5-8 minutes before serving.

To Serve

Serve the rested lamb skewers with warmed rotis, raita and fresh coriander. The best way to enjoy this dish is to take the lamb chunks off the skewers; tear off a piece of roti, add a chunk of braaied lamb, dollop raita on top, add a sprig of coriander and tuck in.

Recipe & Image by: CRUSH MAGAZINE

<https://capeherb.co.za>