

Kebabs with BBQ Sauce

(serves around 6 people)

This dish makes a change to the usual midweek meals. This is an indoor barbecue meal!! Perfect in the winter when we can’t barbecue outside. Lovely served with salad and brown rice or boiled potatoes or sweet potatoes.

Ingredients

* I small onion, very finely chopped
* Spray oil or 1 dessert spoon oil
* 2 tablespoons tomato ketchup and 1 tbsp Worcestershire sauce (optional) \*
* 1 clove of garlic, crushed
* 1 tablespoon lemon juice
* 1 tablespoon demerara sugar
* 150ml of natural low fat yoghurt\*
* 300g lean lamb cubes
* 500g chipolata sausages, cut in half\*
* 8 baby onions, blanched in boiling water
* 8 mushrooms, washed.
* 4 small tomates washed and halved
* Also required skewers or kebab sticks (optional)

Method

1. Gently fry the onions in the oil until just turning brown.

2. Remove pan from heat, and stir in the Worcester sauce, ketchup, garlic, lemon juice, sugar, and yoghurt. Season with ground pepper. This is your sauce.

3. Pierce the meat and vegetable pieces onto skewers or kebab sticks, or place in an oven dish if you have no skewers, and cook under a hot grill, turning regularly.

4. Pre heat the grill. Brush the kebabs with some of the sauce.

5.Cook turning frequently under the grill until the meat is cooked through.

6.Gently heat the sauce. Serve the kebabs on boiled rice, topped with the sauce.

\*Can contain or is one of the 14 common allergens