


Lamb and Mushroom Kebabs

 20 minutes preparation + 10 minutes cooking.

 6 serves of vegetables

INGREDIENTS

500g lean lamb round, cut into cubes
8 button mushrooms, halved
1 green capsicum, seeded and diced
8 cherry tomatoes
1 medium red onion, cut into wedges

Marinade

2 teaspoons wholegrain mustard
2 teaspoons mint jelly
2 teaspoons reduced-salt soy sauce



DIRECTIONS

Thread lamb and vegetables onto skewers. Mix marinade ingredients together and microwave for 40 seconds to combine. With a pastry brush, coat meat and vegetables with marinade. Preheat barbecue or grill to moderately hot. Cook kebabs for 5-10 minutes, turning frequently and brushing regularly with marinade. Serves 4.

HINT

Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning on barbecue.

SERVING SUGGESTION

Serve kebabs with pita bread and a salad of diced tomatoes, sliced Lebanese cucumber, pineapple chunks, diced olives and crumbled feta. Alternatively, serve on a bed of warm, cooked and crushed potato, sweet potato and chopped herbs.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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