



SPICY LAMB SOSATIES

Prep Time: 30 minutes

Cooking Time: 10 minutes

Difficulty Rating: ■○○○○

Ingredients:

1kg Lamb cut into cubes
4 x cloves fresh garlic
1 x handful fresh mint
1 x small branch fresh rosemary
2 x lemons
2 - 6 x fresh chillies (according to your taste)
50ml olive oil
Salt and pepper to taste
Skewers

Method

1. Crush or finely chop the garlic.
2. Squeeze the lemons.
3. Finely chop the herbs and chillies.
4. In a sealable container, combine the above ingredients with the olive oil.
5. Add the lamb cubes.
6. Shake vigorously.
7. Turn on the grill to start getting hot.
8. Slide the meat onto skewers.
8. On a nice hot grill, cook for 3-4 minutes on each side.

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