

# CURRIED WELSH LAMB KEBABS





## INGREDIENTS

600g PGI Welsh  
Lamb leg steaks

2 red onions – cut  
into wedges

1 tbsp oil

### For the marinade

1-2 tbsp curry paste  
(we've used tikka  
masala)

1 small pot natural  
yogurt

1 lemon – use juice  
½ in marinade and  
other half cut into  
wedges to serve  
with kebabs

## METHOD



25 mins



15 mins



Serves 4

- 1 Cut the leg steaks into chunks  
(no more than 2.5cm).



- 2 Place the curry paste, yogurt and  
lemon juice in bowl. Add the meat  
and mix well. Cover and leave for  
20 minutes.



- 3 Place the meat and onion wedges  
on a skewer and place on grill pan,  
lightly brush with oil.



## Top tips

- Soak the kebab sticks in water for 20 minutes to stop them burning
- You could make the kebabs even healthier by adding more vegetables like mushrooms, peppers or tomatoes.

- 4 Grill for approximately  
12 minutes, turning  
occasionally, until  
cooked. You can serve  
the kebabs with the  
flatbreads (p.12),  
shredded lettuce,  
mango chutney and  
a delicious minty dip  
which you'll find on  
p.25.

