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*by Lynn Marsh*

## Lynn's Lemony Marinated Lamb Kebabs



## Ingredients

1 tablespoon olive oil

1kg Lamb (boneless)

For The Marinade

1 teaspoon ground cumin

½ teaspoon ground ginger

1 teaspoon ground coriander

400g large onions chopped

2 crushed garlic gloves

125ml olive oil

60ml lemon juice

To Make The Tomato Sauce

½ teaspoon ground cumin

¼ teaspoon ground cinnamon

425g can chopped tomatoes

1 small red chilli, finely chopped

## Preparation

- 1 Cut the lamb into 1 inch cubes.
- 2 Add the lamb to the marinade in a bowl, cover and pop into the fridge for several hours or leave overnight
- 3 When it's time to cook...thread the lamb onto skewers.
- 4 Heat oil in a pan, cook the kebabs in batches, cook them until browned all over and cooked through.
- 5 Serve with couscous or rice and tomato sauce.
- 6 Marinade: Place all ingredients together and combine
- 7 Tomato Sauce: Add the chopped tomatoes with remaining ingredients in a small pan, simmer, uncovered, for about 5 minutes or until slightly thickened.

## Cooks Note

*Lynn's Tip: soak the bamboo skewers in cold water for several hours, this will prevent them from burning*