



Posted on 11 October 2012

by ewfood

Lamb Tikka

Ingredients

FOR THE KEBABS

3/4kg boneless lamb – cubed

1 1/4 cup dried apricots – soft

3 onions – cut into wedges (layers separated)

FOR THE MARINADE

1 tbsp apricot jam

3 tbsp **Coriander and Mint** chutney – * Check for the

Coriander and Mint Chutney recipe in

ExpatWomanFood.com

1 tbsp mustard powder

2 tbsp vinegar

1/2 cup tomato sauce

2 cloves garlic – crushed

1 tbsp worcestershire sauce

Salt and pepper

Servings

8

Person

Preparation

- 1 First, blend all the marinade ingredients in a large bowl – preferably non-metallic.
- 2 Then marinate the lamb pieces for about 2 hours or leave overnight in the refrigerator.
- 3 The next day, skewer the lamb pieces (using metal or water-soaked skewers) along with the onion pieces and apricots.
- 4 Now barbecue the yummy marinated kebabs for about 10 – 12 minutes – take off sooner if you feel the meat is cooked through or leave on longer if need be.
- 5 Serve lamb tikkas/kebabs immediately with some coriander and mint chutney, and finely sliced onions and finely chopped green chillies (doused with vinegar).

Cooks Note

Serves 8 – 10
