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by Liz Robb

Lamb Skewers With Sweet Potato Chips

Ingredients

300g lamb rump
6 shallots
1 yellow pepper
1 red pepper
1 large courgette
1 large lemon
2 tablespoons of olive oil
A few oregano leaves
A sprig of rosemary
2 cloves of garlic
Salt and black pepper
3 sweet potatoes
1 tablespoon of sunflower oil
Paprika

Servings
4
Person

Preparation

1. Soak wooden skewers, if using, in cold water to prevent them from burning.
2. Cut the lamb into bite sized cubes. In a bowl, mix a marinade using the juice of half a lemon, a tablespoon of olive oil, 2 peeled and crushed cloves of garlic and finely chopped oregano and rosemary. Marinate the lamb and chill in the fridge.
3. Heat the oven to 210 degrees or 190 degrees fan oven.
4. Cut the sweet potatoes into thick chips. Warm an oven tray lightly brushed with olive oil. Scatter the chips on the tray, sprinkle with salt, paprika and a drizzle of olive oil and bake, turning once, for 35-40 minutes, until browned.
5. Peel and trim the shallots and soak in hot water for 5 minutes.
6. Halve the shallots. Deseed the peppers and cut into bite sized pieces. Chop the courgettes into fairly thick slices. Preheat the grill.
7. Thread four skewers with lamb, peppers, courgette and shallot. Grill for 15-20 minutes, or until the lamb is cooked and the vegetables are tender and slightly charred, turning mid way through cooking. Serve with sweet potato chips and lemon wedges.

Cooks Note

Tender marinated lamb, juicy vegetables and sweet potato chips flavoured with paprika make these lamb skewers a perfect meal for summertime.