



---

Posted on 26 June 2017

*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.

---