

GREEK LAMB KEBABS

Utensils needed:

Chopping Board, Knife, Teaspoon, Tablespoon, Measuring Cup, Bowl, Grater, Frying Pan

Ingredients:

350g Lamb Mince

1 Cup Breadcrumbs

1 Clove Garlic Crushed

2 Tablespoons Onion, grated

1 Teaspoon Cummin, ground

1 Tablespoon Parsley, finely chopped

1 Tablespoon Mint, finely chopped

1 Teaspoon Oregano, chopped

1 Lemon, finely grated

Salt and freshly ground pepper

1 egg

Olive Oil for cooking

Method:

1. In a large bowl combine all ingredients (until mixture is soft)
2. Roll mixture into sausage shapes.
3. Heat some oil on a BBQ or in a char grill pan, and cook kebabs for 5-6 minutes, turning frequently.

Serve with Tzatziki

TZATZIKI

(Cucumber with Yoghurt and Mint)

Utensils:

Chopping Board, Knife, Grater, Bowl,

Ingredients:

185g Plain Greek Yoghurt

90g Grated Cucumber

1 Tablespoon Lemon Juice

1 Clove Crushed Garlic

Salt and pepper

1 Tablespoon chopped mint

Method:

1. Combine all the ingredients in a bowl, and season with salt and pepper to taste.

Makes 1 cup

BABY SPINACH, FETA AND ARTICHOKE SALAD

Utensils:

Small jar or bowl, Chopping Board, Knife, Bowl, Measuring Cup

Ingredients:

1 Red Capsicum, quartered and seeded

20ml Olive Oil

200g Baby Spinach

200g Greek Feta

300g Artichoke Hearts, quartered

½ Cup Black Olives, pitted

Dressing:

125ml Olive Oil

65ml Lemon Juice

2 Teaspoons Honey

2 Teaspoons Oregano chopped

Freshly ground pepper

Method:

1. Pre heat grill. Place capsicum under grill, and leave to cook (or until it turns black on top).
2. Cut into strips and set aside.
3. In a small jar or bowl, combine all ingredients for dressing, and shake or whisk well.
4. In a large salad bowl combine all salad ingredients, drizzle dressing over ingredients, and serve with Kebabs.