



GREEK LAMB KEBABS

<i>Ingredients</i>	<i>Equipment</i>
600 grams Lamb Mince	Chopping Boards
1 ½ Cups Breadcrumbs/ Gluten Free	Knives
2 Cloves Garlic Crushed	Spoon & Cup Measures
1 Small Onion Grated	Grater
1 Teaspoon Ground Cumin*	Zester
Parsley, finely chopped	Large Mixing Bowl
Mint, finely chopped	Garlic Crusher
1 Teaspoon Oregano*	Electric frypan
Zest of 1 lemon	Tongs
1 Egg/ No Egg Replacer	
Salt and Pepper to taste	
Oil for cooking	

- Please see the CPS website for alternative ingredients used in the Kitchen Classroom. All spices used are Woolworths Brand with no traces of nuts.

<i>What to do</i>

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel and crush the garlic
4. Peel and grate the onion
5. Place all the ingredients in to the large mixing bowl and mix well with your hands.
6. Roll mixture in to sausage shapes
7. Heat oil in the electric frypan. Cook kebabs for 5 – 6 minutes, turning frequently.
8. Serve with Greek Yoghurt