

Make one freeze one

Marinating meat for the barbecue makes it more tender and flavoursome, but it does require time. So make a big batch of these delicious Greek kebabs, then freeze some for a sunny day

Recipe SARAH COOK Photograph LIS PARSONS

A real crowd-pleaser



Lamb souvlaki skewers

MAKES 10 • **PREP 10 mins plus marinating**
COOK 10-12 mins **Easy**  **skewers only**

1.5kg/3lb 5oz lamb leg or shoulder (fat trimmed), cut into chunks
100ml/3½fl oz olive oil
100ml/3½fl oz red wine
2 tsp dried oregano
zest and juice 2 lemons
2 garlic cloves, crushed

TO SERVE:

flatbread, shredded red cabbage (tossed with lemon juice), cucumber, tomato, chilli sauce and natural yogurt

- 1 Put the lamb into a large bowl or strong food bag. Add the olive oil, wine, oregano, lemon zest and juice, garlic and black pepper – don't add salt yet. Mix together so that all the lamb is completely coated, then chill and marinate for at least a few hrs or overnight.
- 2 Lift the chunks of lamb out of the marinade and thread onto 10 metal skewers, or wooden ones that have been soaked. Freeze (see freezing tips, below), or heat a grill, barbecue or griddle pan if you want to eat them straight away.
- 3 Season the meat with salt, then cook the skewers for 10-12 mins, turning, until cooked to your liking. Serve tucked into warm flatbreads with salad and drizzle with chilli sauce and yogurt.

PER SERVING (including accompaniments)

356 kcals, protein 34g, carbs 20g, fat 16g, sat fat 6g, fibre 2g, sugar 4g, salt 0.99g

TO FREEZE YOUR SKEWERS

- Stack the skewers in groups on shallow baking trays, then wrap tightly in cling film and freeze. Or simply portion up the chunks of lamb and freeze in separate freezer bags. Don't put the skewers into bags as they might pierce the plastic and let in air – which can cause 'freezer burn'.
- The skewers will freeze perfectly for up to three months. Defrost the meat thoroughly (overnight in the fridge is best).
- Only season the lamb with salt just before you cook it, or the salt will draw moisture from the meat and your skewers won't be as moist.