



It's not often that we have Lamb as it's often out of our budget. But when a pack of Lamb mince appeared in the discount fridge at £1.50 - Strange ideas started to form??

Kebab Ingredients:-

250g of Lamb Mince
1 Onion, sliced
3 Cloves of Garlic, minced
50g Breadcrumbs (Gluten free in out case)
1 tsp Cumin
1 tsp Ground Coriander
1 tsp Dried Oregano
¼ tsp Smoked Paprika
Salt & Pepper
Oil

Method:-

- (1) Heat the oven to 180c.
- (2) Add all the ingredients excluding the Oil in a food processor and pulse until smooth and combined.
- (3) Oil a sheet of Foil and place the mixture in the middle.
- (4) Mould into a long Sausage shape.
- (5) Roll the foil around tightly and twist both ends to seal.
- (6) Lay on a baking tray and roast for 35 to 40 minutes.
- (7) Leave to rest for 10 minutes.
- (8) Remove the foil and place under the grill, turning occasionally to brown.

(9) Allow to rest again and then cut thinly.

We had a home made hot Chilli Sauce, Yogurt and Mint dip as sides. Wrapped the Kebab meat in Gluten free wraps with salad and chips. OK generally this is a dish to fall asleep in after a night out in the pub. But the Pubs aren't open and we'd not go at the moment if we could afford to?.. Plague, you know!