

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

1/4 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!