

# Middle Eastern lamb kebabs marinated in soy sauce

Total time **60 mins 15 mins** preparation time **15 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):

2,717 kJ / 650 kcal

# **INGREDIENTS**

2 portion(s)

small red onioncloves of garlicof parsley

2 sprigs of fresh mint

**400** g minced lamb

4 tbsp <u>Kikkoman Naturally</u>

**Brewed Soy Sauce** 

**0.5 tsp** ground coriander**0.5 tsp** ground cumin

2 tbsp olive oil1 tbsp lemon juice

**1 tsp** grated lemon zest

**1 pinch** of freshly ground pepper

Sauce:

**0.5 bunch** of fresh coriander**0.5 bunch** of fresh parsley**1 tbsp** lemon juice

2 tbsp <u>Kikkoman Naturally</u>

**Brewed Soy Sauce** 

**120 ml** Greek yoghurt **1 pinch** of pepper

Fat: **44 g** Protein: **48 g** Carbohydrates: **12 g** 

## **PREPARATION**

Step 1

1 small red onion - 4 cloves of garlic - 0.5 bunch of parsley - 2 sprigs of fresh mint - 400 g minced lamb - 4 tbsp <u>Kikkoman Naturally Brewed Soy Sauce</u> - 0.5 tsp ground coriander - 0.5 tsp ground cumin - 2 tbsp olive oil - 1 tbsp lemon juice - 1 tsp grated lemon zest - 1 pinch of freshly ground pepper

Crush the garlic in a press, finely chop the onion, parsley and mint and add to the meat. Add the Kikkoman Soy Sauce, coriander, cumin, olive oil, lemon juice, grated lemon zest and freshly ground pepper and mix thoroughly.

## Step 2

Shape the meat into small, sausage-shaped patties that can be fried or skewered. Refrigerate for at least 30 minutes.

### Step 3

**0.5 bunch** of fresh coriander - **0.5 bunch** of fresh parsley - **1 tbsp** lemon juice - **2 tbsp** <u>Kikkoman</u> <u>Naturally Brewed Soy Sauce</u> - **120 ml** Greek yoghurt - **1 pinch** of pepper

To prepare the sauce, finely chop the coriander and parsley, or purée with lemon juice. Add the Kikkoman Soy Sauce and yoghurt and mix together. Season to taste with pepper.

### Step 4

Remove the meat from the refrigerator, thread onto skewers and cook on a hot grill or barbecue for 3 - 5 minutes on each side. Serve with the

previously prepared sauce.