



JERNEJ KITCHEN

LAMB SKEWERS WITH MINT SAUCE

Lamb Skewers with Mint Sauce are made in only 30 minutes. Perfect for your next picnic or barbecue. The meat is tender and incredibly juicy.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
GRILL:	15	MINUTES

MINT SAUCE

- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp cumin
- 2 cloves of garlic
- 1 handful fresh mint
- 3 tbsp olive oil
- 1 lemon

LAMB SKEWERS

- 1 kg lamb rump (trimmed)
- salt, pepper
- 1 tsp olive oil

SERVE WITH

[Skillet flatbread](#)

[Hummus](#)

TOOLS AND EQUIPEMENT

- skillet
- pestle and mortar
- skewers
- grill pan or barbecue

SEEDS

Place a skillet over high heat. Add coriander seeds, fennel seeds and cumin. Cook for about a minute, then remove from the heat and transfer the seeds to a mortar, then crush them with the pestle.

PREPARE THE LAMB SKEWERS

Cut the lamb rump into 3x3 (1-inch x 1-inch) cubes. Season with salt, pepper. Add olive oil and half of the seeds, rub it into the meat and thread the lamb onto eight skewers.

MINT SAUCE

Add garlic, fresh mint (leaves only) to the rest of the seeds. Crush it using a pestle, then gradually, in a thin stream add the olive oil. Season with salt, pepper and juice of one lemon. Set aside.

LAMB SKEWERS

Prepare your grill pan or barbecue. Cook the skewers for 2 - 3 minutes on each side for medium or 4 - 5 minutes on each side for well done.

TIP

Sponsored [Overall, cook the lamb skewers for about 10 minutes for medium or 15-18 minutes for well done.](#)

SERVE

Serve your lamb skewers with mint sauce with skillet flatbread, hummus, fresh mint and mint sauce. Enjoy.