

HONEY SOY LAMB

KEBABS WITH SALAD



REAL MEN
MOVE

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Preparation time: 40 minutes | Cooking time: 15 minutes | Serving size: 4

INGREDIENTS

KEBABS

- 16 wooden skewers, soaked in water for 30 minutes
- 1/3 cup honey
- 1/3 cup soy sauce
- 1 tsp minced garlic
- 1 tbsp sunflower oil
- 500g lean diced lamb
- 1 1/3 cups rice
- 1 small red capsicum, seeded and cubed
- 2 small white onions, quartered
- 1 small green capsicum, seeded and cubed
- 1 large zucchini, sliced
- 2 cups small button mushrooms



SALAD

- 6 cups mixed red and green lettuce leaves
- 1/4 cup fat free salad dressing

INSTRUCTIONS

- Combine honey, soy sauce, garlic, oil and lamb in a bowl and marinate for 30 minutes. Reserve marinade.
- Cook rice according to pack directions. Drain.
- Thread each skewer with lamb and vegetables. Cook under a hot grill or barbeque until lamb is cooked, basting with the marinade during cooking.
- Serve with rice and the red and green leaf salad.