

Sticky Jerk Lamb Kebabs



Serves 3

Prep 5 mins

Cooking 5 mins

Easy

Ingredients

450g lamb steaks
1 tbsp jerk paste (see **Jerk Paste**)
zest and juice of 1/2 lime
1/2 tbsp honey
handful of chopped thyme leaves
seasoning

Jerk paste

1 big bunch spring onions, roughly chopped
1/2 a small onion
1/2 tsp dried thyme, or 1 tbsp thyme leaves
juice 1 lime
2 tbsp soy sauce
2 tbsp vegetable oil
3 tbsp brown sugar
1 tbsp ground allspice

1. Dice the lamb steaks. Toss with 1 tbsp jerk paste or marinade, the zest and juice of 1/2 lime, 1/2 tbsp honey, a handful of chopped thyme leaves and some seasoning.
2. Thread onto metal skewers (or soak wooden ones in water for 20 mins before using) and set aside until you're ready to cook. Heat a griddle pan or BBQ and cook the kebabs for 2 -3 mins each side (depending on the heat) until the meat is charred but the inside is still a little pink, drizzling with a little more honey as they cook. Cover with foil and rest for 5 mins, then serve in flatbread with yoghurt, fresh herbs and salad.