

Lamb Souvlaki



Prep Time: 20 minutes

Cooking Time: 30 minutes

Fuel: Gas grill and hot plate

Serves: 4

Ingredients

- 2 large lamb backstraps
- 4 large pita breads (Greek or Lebanese pita)
- Homemade Tzatziki
- 1 red capsicum, cut into thin strips
- 1 Spanish onion thinly sliced
- Salad – Lettuce, chopped tomato and cucumber

Marinade

- 1/4 cup olive oil
- 2 minced garlic cloves
- 3 teaspoons of dried oregano (oregano can be substituted using dried rosemary)
- 2 teaspoons dried thyme
- Juice of 1/2 a lemon
- Season with salt/pepper

Quick Homemade Tzatziki

- 1 Cup of Greek Style Yoghurt
- 1 Lebanese cucumber deseeded & grated
- 2 garlic clove minced
- 1 tbsp chopped fresh dill
- 2 tbsp chopped fresh mint
- 1 tbsp lemon juice
- 1/4 tsp salt
- 1 tbsp Extra Virgin olive oil

Method

1. Mix all the ingredients for the marinade in a bowl and set aside.
2. Cut the lamb backstraps in half (long ways) and then in cubes.
3. Add the marinade to the lamb and marinate in the fridge for 12 hours. (If you're in a hurry leave for at least 20 minutes). Then thread the lamb cubes on skewers.
4. Step four – In a bowl, combine all ingredients for the Tzatziki, cover and place in the fridge until needed.
5. Prepare and preheat BBQ for direct cooking, medium/high.
6. Cook the lamb skewers for 8-10 minutes in total, turning frequently.
7. Add the sliced capsicum and onion to a skillet with a little light olive oil and sauté. Set aside until needed.
8. Remove the lamb skewers from the grill when cooked, cover with foil and rest for 2 minutes.
9. Cook pita bread for 1 min over the grill grate and place on a plate. Then add tzatziki on the pita bread (about 1 tablespoon), sautéed capsicum and onion, salad and a lamb skewer.

Serve Lamb souvlaki with hand cut chips seasoned with your favourite seasoning.