

# Master recipe Kebab basics

*Kebabs are a simple and delicious summer meal, easily adapted to a range of meats and seasonal vegetables. Follow our step-by-step pictures to make a nutritious meal the whole family will enjoy.*

1



Place the meat on a chopping board and remove any of the white visible fat on the surface of the meat with a sharp knife. If using metal skewers cut the meat into 2cm sized cubes, if using bamboo skewers cut the meat into thin, long strips.

2



Thread around 4-5 cubes or 1-2 long strips of meat onto each skewer.

3



Brush the skewered meat lightly with oil, herbs and other flavourings before adding to the pan, barbecue plate or grill.

4



Add the skewers to a hot pan (as pictured), barbecue plate or grill and for cubes: cook for 2 minutes on each of the four sides; for strips: cook for 2-3 minutes on each side.

5



Cover skewers with foil and leave to rest for 5 minutes before serving.

## Best cuts for Kebabs

### Beef

Rump - cubed  
Fillet - cubed  
Topside - strips  
Blade - strips

### Lamb

Backstrap - cubed  
Leg - cubed  
Topside - strips  
Blade - strips

### Veal

Rump - cubed  
Tenderloin - cubed  
Round - strips  
Blade - strips

### Cooking Tip

Bargain cuts like Topside, Blade and Round steaks are perfect for making kebab strips. All you need to do to make sure these steaks are tender is to cover with a plastic film and then pound into thinner steaks with a meat mallet, rolling pin or the bottom of a heavy pan. This will help to break down the muscle and connective tissue which can make these cuts tough.



# Kebabs

1 cooking method 4 ways

## Kebab basic recipe

**Serves 4**

**Preparation time: 15 minutes**

**Cooking time: 15 minutes**

### Equipment you will need:

Chopping board  
Sharp knife  
12 metal skewers  
Pastry brush  
Pan, barbecue, grill or griddle  
Foil

### Ingredients:

4 x 150g lean beef, lamb or veal steaks  
1 tbsp canola oil  
1 tbsp dried oregano  
2 tbsp lemon juice

### For the salad:

1 cup beans (black eyed, red kidney, butter or borlotti beans)  
1 cup sweetcorn  
1 punnet cherry tomatoes  
1 cup rocket  
Balsamic vinegar

### Method:

1. Place the meat on a chopping board and remove any of the white visible fat. Cut the meat into 2cm sized cubes.
2. Thread 4-5 cubes of meat onto each metal skewer.
3. Brush the skewered meat with oil oregano and lemon juice.
4. Add skewers to a hot pan, barbecue plate or grill and cook for 2 minutes on each of the four sides.
5. Place skewers on a plate to rest for 5 mins and cover loosely with foil.

### Serving suggestion:

Serve skewers with a salad of sweetcorn, cherry tomatoes, beans (black eyed, red kidney, butter or borlotti beans) and rocket, dressed with balsamic vinegar.

**Per serving:** 1226kJ, 33g protein, 13g fat, 3.1g saturated fat, 11g carbohydrate, 3g fibre, 86mg sodium, 4.0mg iron (30% RDI), 6.9mg zinc (58% RDI).

## Vary the kebab basic recipe by:



### Using mince

In step 1, use lean beef, lamb or veal mince instead of strips. Add ¼ cup of breadcrumbs, 1 egg, 1 tbsp of dried oregano and ½ a Spanish onion (diced) to 600g of the mince. In step 2, form into 8 sausage shape pieces, and thread carefully onto the bamboo skewers. In step 4, cook skewers for 4-5 minutes on each side, or until cooked. Serve with couscous, grilled vegetables and low-fat natural yoghurt.



### Adding vegetables to the skewer

In step 2, add vegetables to the skewers. Cut vegetables and beef, lamb or veal into the same size pieces. Thread mushrooms with beef; capsicum and squash with veal; or cherry tomatoes and Spanish onion with lamb.



### Flavouring with herbs and spices

In step 3, brush the skewered meat with 1 tbsp of oil and your choice of flavourings. Use fresh rosemary and thyme; basil and balsamic vinegar; oregano and lemon; coriander, lime and mint; or honey, soy, ginger and sesame seeds.

### Helpful Living Tip

Use plenty of seasonal vegetables, when the flavour, freshness – and price – are best. In summer choose: asparagus, beans, capsicum, celery, cucumber, eggplant, lettuce, radish, spring onions, squash, sugar snap peas, sweetcorn, tomatoes, watercress and zucchini.