

Lamb Souvlaki with Tzatziki



Infused with white wine and lemon juice, these super-healthy Greek-style skewers are deliciously tangy at every mouthful.

Preparation Time

10 - 40 minutes

Cooking Time

10 minutes

Ingredients (serves 4)

- 60ml White wine
- 30ml fresh Lemon juice
- 1 tbs chopped fresh oregano
- 2 garlic cloves, crushed
- 500g lamb leg steaks, cut into 2cm cubes
- 1 large red onion, cut into wedges
- 1 red Pepper , halved, deseeded, cut into 2cm pieces
- 1 green Pepper, halved, deseeded, cut into 2cm pieces
- 2 rounds wholemeal pita bread, quartered, to serve
- Bought low-fat tzatziki, to serve

Method

1. Combine the wine, lemon juice, oregano and garlic in a glass or ceramic bowl. Add the lamb and stir to coat. Cover and place in the fridge for 30 minutes to marinate.
2. Preheat a barbecue grill or chargrill on medium-high. Thread the lamb, onion, and red and green peppers alternately onto skewers.
3. Place the skewers to the grill and cook, turning once, for 5-6 minutes or until lightly charred and cooked through.
4. Serve the skewers with the pita bread and tzatziki.

Notes

- **Cook's tip:** You'll need 8 bamboo skewers for this recipe. To stop them burning on the grill, soak in cold water for 30 minutes first.
- **Budget tip:** To make chicken souvlaki, swap lamb for chicken thigh fillets.
- **How to make tzatziki:** To make low-fat tzatziki, combine thick low-fat natural yoghurt, grated cucumber, fresh lemon juice and garlic. Season with salt and pepper.