KIKKOMAN

Middle Eastern lamb kebabs marinated in soy sauce

Total time **60 mins** **15 mins** preparation time **15 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
2,717 kJ / 650 kcal

Fat: **44 g** Protein: **48 g**
Carbohydrates: **12 g**

INGREDIENTS

2 portion(s)

1	small red onion
4	cloves of garlic
0.5 bunch	of parsley
2	sprigs of fresh mint
400 g	minced lamb
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	ground coriander
0.5 tsp	ground cumin
2 tbsp	olive oil
1 tbsp	lemon juice
1 tsp	grated lemon zest
1 pinch	of freshly ground pepper
Sauce:	
0.5 bunch	of fresh coriander
0.5 bunch	of fresh parsley
1 tbsp	lemon juice
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
120 ml	Greek yoghurt
1 pinch	of pepper

PREPARATION

Step 1

1 small red onion - **4** cloves of garlic - **0.5 bunch** of parsley - **2** sprigs of fresh mint - **400 g** minced lamb - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** ground coriander - **0.5 tsp** ground cumin - **2 tbsp** olive oil - **1 tbsp** lemon juice - **1 tsp** grated lemon zest - **1 pinch** of freshly ground pepper
Crush the garlic in a press, finely chop the onion, parsley and mint and add to the meat. Add the Kikkoman Soy Sauce, coriander, cumin, olive oil, lemon juice, grated lemon zest and freshly ground pepper and mix thoroughly.

Step 2

Shape the meat into small, cutlet-shaped patties that can be fried or skewered. Refrigerate for at least 30 minutes.

Step 3

0.5 bunch of fresh coriander - **0.5 bunch** of fresh parsley - **1 tbsp** lemon juice - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **120 ml** Greek yoghurt - **1 pinch** of pepper
To prepare the sauce, finely chop the coriander and parsley, or purée with lemon juice. Add the Kikkoman Soy Sauce and yoghurt and mix together. Season to taste with pepper.

Step 4

Remove the meat from the refrigerator and cook on a hot grill for 3 - 5 minutes on each side. Serve with the previously prepared sauce.