

Sweet Chilli Turkey Shish

Ingredients

450g fresh Minced Turkey
1 egg (beaten)
2-3 garlic cloves, peeled and crushed
1 onion (finely chopped)
50g soft breadcrumbs
1 chilli (chopped and deseeded)
1 tsp ground cumin
1tsp ground all spice
1 tsp cinnamon
2 tbsp olive oil
Half lemon juiced (grated rind of half the lemon)
1 bunch coriander (chopped)
Salt
Fresh ground pepper

Kebab skewers (if wooden soak before using)

Method

Heat a frying pan and gently cook the onion with the spices, garlic and chilli in a little olive oil (do not allow them to burn).

When the mixture is soft allow it to cool down thoroughly.

Place the fresh minced turkey in a large mixing bowl and add the cooled onion and spicy garlic mixture, add a little seasoning, the soft breadcrumbs and the beaten egg, chopped coriander , grated lemon rind and juice then thoroughly mix it together, the mixture should hold together when it is formed into a ball.

Mould a little of the mixture around each of the soaked skewers, place these on a tray and refrigerate them until required for cooking.

Test cook a little of the mix to check for seasoning.

Cook skewers on a barbeque, grill pan or in the oven for around 10 minutes until there is no trace of pink and any juices run clear.

Serve with sweet chilli sauce, garlic and mint mayo, and warm mini pitta breads.