



PAPRIKA LAMB SKEWERS

Lamb can be an expensive meat but this recipe uses lamb mince which is usually more affordable.

Fabulous served on top of grilled wholemeal flat bread, with a side salad and a dollop of houmous.



Recipe & image supplied by Meat and Education:
www.meatandeducation.com

Skills Check (as appropriate for each Key Stage): Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use weighing scales; chop using bridge/claw technique safely; snip herbs with scissors; use a vegetable peeler safely; use a box grater safely; shape e.g. burgers, fish cakes.

Equipment: Wooden kebab skewers, knife, chopping board, scissors, measuring jug, grater, vegetable peeler, measuring spoons, large bowl, weighing scales.

Ingredients (serves 6):

- 1 small red onion
- 2 tbsp flat-leaf parsley
- 2 tbsp fresh mint
- 1 tbsp grated carrot or courgette
- 675g lean minced lamb
- 1 tbsp paprika

Method

1. Soak the wooden skewers in water.
2. Prepare the onion and herbs; peel and finely chop the onion and snip the herbs in a jug using scissors.
3. Mix all of the ingredients together in a large bowl using your hands. Make sure it is well mixed.
4. Using slightly damp hands divide the mixture into 6 equal portions.
5. Roll each portion into a sausage shape and mould around the 6 skewers.
6. Cover and refrigerate until needed.
7. Preheat the grill and cook the lamb skewers under the grill for 6-8 minutes each side until cooked and the juices run clear.

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Paprika Lamb Skewers ...

Lamb is an excellent source of protein and rich in minerals (e.g. iron) and the B vitamins. It can be high in saturated fat so choose leaner cuts where possible.

Herbs are healthy seasoning we can add to food for flavour. Many herbs are good sources of antioxidants; compounds which have been found to be extremely beneficial to our long-term health.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.



Energy, sugar, fat and salt per serving

Per 105g serving

ENERGY
948kJ / 228kcal **11%**

MED **FAT**
14.9g **21%**

HIGH **SATURATES**
6.9g **35%**

LOW **SUGARS**
1.0g **1%**

LOW **SALT**
0.2g **3%**

% of an adult's reference intake
Typical values per 100g : Energy 903kJ / 217kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.