



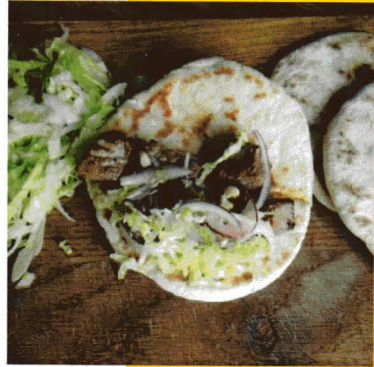
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FOOD
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Recipes for Rosyth

Lamb Kebab with EATS Cabbage Salad

Kebab is one of the best foods in the world! It's really easy to make your own, and when you do that you know what goes in it! Serves 4.

Lamb filling
500g Diced Lamb (or beef or Chicken)
Juice of ½ a lemon
½ teaspoon dried oregano
2 cloves crushed garlic
Salt and pepper
2 tablespoons of oil



First of all marinade the lamb – combine all the ingredients together and leave to marinade for at least 2 hours, then make your salad:



½ an EATS cabbage
or 100g EATS chard
1 onion
½ an iceberg lettuce
Juice of ½ a lemon
Salt, pepper and sugar

This one is really easy. Carefully cut up all the vegetables as finely as you can and mix with the salt, pepper, sugar and lemon.

Once the lamb has marinated then fry over a high heat in an oiled pan or put into a hot oven (200°C) for 15 minutes. Roll up the lamb and salad in a hot flatbread and eat straight away!