

**It?s not often that we have Lamb as it?s often out of our budget. But when a pack of Lamb mince appeared in the discount fridge at £1.50 - Strange ideas started to form??**

*Kebab Ingredients:-*

250g of Lamb Mince
1 Onion, sliced
3 Cloves of Garlic, minced
50g Breadcrumbs (Gluten free in out case)
1 tsp Cumin
1 tsp Ground Coriander
1 tsp Dried Oregano
¼ tsp Smoked Paprika
Salt & Pepper
Oil

**Method:-**

(1) Heat the oven to 180c.
(2) Add all the ingredients excluding the Oil in a food processor and pulse until smooth and combined.
(3) Oil a sheet of Foil and place the mixture in the middle.
(4) Mould into a long Sausage shape.
(5) Roll the foil around tightly and twist both ends to seal.
(6) Lay on a baking tray and roast for 35 to 40 minutes.
(7) Leave to rest for 10 minutes.
(8) Remove the foil and place under the grill, turning occasionally to brown.

(9) Allow to rest again and then cut thinly.

**We had a home made hot Chilli Sauce, Yogurt and Mint dip as sides. Wrapped the Kebab meat in Gluten free wraps with salad and chips. OK generally this is a dish to fall asleep in after a night out in the pub. But the Pubs aren?t open and we?d not go at the moment if we could afford to?.. Plague, you know!**