

# Lamb tikka kebabs with raita

## Ingredients

### For the lamb tikka kebabs

- 200g/7oz plain full-fat yoghurt, or Greek-style yoghurt
- 2 tsp ready-made ginger and garlic paste (or crush 1 large, peeled garlic clove to a paste with 1cm/½in piece of fresh, peeled ginger)
- 1 tsp ready-made red chilli paste
- 1 tsp ground coriander
- ¼ tsp ground cinnamon
- ½ tsp garam masala
- 2 tsp freshly squeezed lemon juice
- ½ tsp mango powder
- ½ tsp dried fenugreek seeds
- 2 tsp single cream
- 1 pinch saffron strands, soaked in 1 tsp water
- 450g/1lb lamb fillet, cut into 3cm/1¼in cubes

### For the raita

- 200g/7oz yoghurt
- 2 tsp ground cumin, toasted in a dry frying pan until fragrant
- ½ cucumber, finely chopped
- 2 tbsp finely chopped fresh mint leaves
- salt and freshly ground black pepper

### For the salad

- 1 lemon, cut into five wedges
- 2 tbsp olive oil
- salt and freshly ground black pepper
- 1 Cos lettuce, core removed, thickly sliced

## Preparation method

1. Soak 8-12 wooden skewers in cold water for 10 minutes, then shake dry. (Alternatively, use metal skewers.)
2. For the lamb tikka kebabs, place all of the lamb tikka kebabs ingredients except for the lamb fillet into a bowl and mix until well combined.
3. Add the lamb fillet pieces and mix until completely coated in the marinade. Cover and chill the lamb in the fridge for at least two hours, or preferably overnight.
4. Thread the marinated lamb cubes onto the skewers.
5. Heat a griddle pan until hot, then add the lamb kebabs (in batches if necessary) and grill for 1-2 minutes on each side, turning regularly,

**overnight**

preparation time

**less than 10 mins**

cooking time

**Serves 4**

**By James Martin**  
**From Saturday Kitchen**

*This recipe would dazzle at a summer barbecue. Wait until the coals have turned white, then add the spicy kebabs.*

or until browned on all sides and just cooked through.

6. For the raita, mix all of the raita ingredients together in a bowl. Season, to taste, with salt and freshly ground black pepper.
7. For the salad, squeeze the juice from one of the lemon wedges into a large salad bowl. Add the olive oil, season, to taste, with salt and freshly ground black pepper, then whisk to combine. Add the chopped lettuce and mix to coat the leaves in the dressing.
8. To serve, divide the kebabs equally among four serving plates, spoon some of the raita alongside each, and pile some of the salad alongside. Garnish with a wedge of lemon.