



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BEEF KEBAB

Time: 30 minutes

Serves: 4

Ingredients:

1 pound lean ground beef
1 small onion – finely chopped
2 tablespoons fresh dill – finely chopped
½ teaspoon ground turmeric
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper

Preparation:

Preheat your barbecue grill on medium.

Combine all ingredients in a suitable bowl, kneading just enough to mix evenly.

Divide the meat mixture into four and form into rolls. Place skewer through each roll and press slightly to flatten.

Carefully place the kebabs on the grill and cook for five minutes. Turn over using a spatula and cook for an additional five minutes or until the internal temperature reaches 160F.

Remove from heat and let the kebabs rest a few minutes before serving.

Nutritional Information Per Serving:

Calories: 250
Fat: 17g
Carbs: 2g
Fibre: 0.2g
Protein: 21g