

## Lunch

### Shish Kebabs

#### Ingredients:

Lean lamb (or veal, beef, chicken) cut into cubes  
(first week: 195g lamb = 43g protein), 135g = 30g, 90g = 20g.

4 small button mushrooms  
2 small onions  
¼ cup green pepper, cored, seeded, cut into cubes

#### Marinade –

1 cup tomato juice  
2 tsp. prepared mustard  
1.1/4 cups yoghurt, plain, skim milk  
pinch of cayenne pepper  
2 tsp. chopped fresh chives  
2 tsp. chopped fresh mint  
¼ tsp ground cinnamon  
Sea salt and cracked pepper to taste

#### Method:

- In a shallow dish mix together tomato juice, mustard, yoghurt, cayenne, mint, chives, Sea salt, pepper and cinnamon
- Marinade lamb for 3-4 hours, turning occasionally
- Thread meat, peppers, mushrooms and onions along metal skewers
- Spray coat with Olive oil cooking oil
- Cook under a preheated griller, turning several times, basting with the marinade

(Prepared marinated lamb (or other) cubes can be kept in the freezer until ready to use).