



**MEAT**

# EASY BEEF KEBABS

## INGREDIENTS

1kg Beef Mince

1 cup Breadcrumbs

2 Eggs

½ cup Chopped parsley, coriander and  
mint

½ Onion bruniou

2 cloves Garlic (chopped)

2 Chillies chopped (birds eye)

1teaspoon

Mustard

½ tsp Cumin

½ tsp Paprika

Salt

Pepper

### Equipment:

BBQ on hot

Bowl for mixing, or food processor

Chopping board

Chef's knife

Skewers, soaked in water

## METHOD

1. Preheat BBQ for 5 mins.
2. Combine all ingredients in a food processor or by hand in a mixing bowl.
3. Season and taste mix to ensure you are happy with the flavour.
4. Roll the mince mix into fingers and mould onto the end of a skewer. Roll then lightly in some breadcrumbs before cooking (this assists in keeping the mix on the skewer)
5. Grill lightly on all sides for about six mins and roll whilst cooking to ensure evenly cooked.
6. Great served with a tatziki (a Greek yoghurtbased dip with grated cucumber, lemon juice, cumin and paprika)



Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4-6 

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