

Garth McColgan Recipe

Serves

8-10

Prep Time

20 mins

makes 24 skewers

Cook Time

15-20 mins

Succulent Irish Meat Kebabs



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Barbecue Skewers served with Lemon Couscous

Ingredients

Vegetables for the Skewers

- 1 Red Pepper, cut into fork sized pieces
- 1 Courgette, split lengthways, seeds removed, cut into fork sized pieces
- 1 Yellow Pepper, cut into fork sized pieces
- 2 Red Onions, cut into fork sized pieces

For the Couscous

- 1 pack Lemon and Coriander Couscous
- Equal amount of boiling water to Couscous

For the Pork Skewers

- 1 Irish Pork Steak, cut into 1cm chunks
- 1 pack Rosemary
- 1 Lemon, juiced
- 4 tbsp Sunflower Oil
- 2 tsp Soy Sauce
- 1 tsp Sea Salt

For the Beef Skewers

- 2 Specially Selected Irish Angus Striploin Steaks, cut into 1cm chunks
- 1 Orange, juiced
- ½ Orange, zested
- 3 tbsp Soy Sauce
- 4 tbsp Sunflower Oil

For the Chicken Skewers

- 4 Chicken Breasts, cut into 1cm chunks
- 4 tbsp Sweet Chilli Sauce
- 4 tbsp Soy Sauce

For the Lamb Skewers

- 1 pack of Irish Spring Lamb Loin Chops, cut into 1cm chunks
- 4 cloves Garlic, sliced
- 1 Lemon, zested
- 1 Lemon, juiced
- 4 tbsp Sunflower Oil

Method

To prepare the Skewers

1. Prepare the vegetables and three meats as described above and mix with their marinades. Marinate for a minimum of one hour. Two hours or more is better.
2. Once marinated, build your skewers, adding a piece of vegetable after every chunk of meat. Be sure to pack the ingredients on the skewers tightly together. Season well with sea salt.

For the Couscous

1. Put the couscous into large bowl and add an equal volume of boiling water.
2. Cover in cling film and leave to soak in a warm place for 5 minutes.
3. Using a spoon, break up the couscous until light and fluffy.
4. Serve on a large plate or bowl to create a bed for the skewers to rest on.

To cook the Skewers

1. Pre-heat barbecue or frying pan.
2. Lightly sprinkle oil on the skewers and place on the barbecue or pan.
3. Cook for 2-3 minutes and then turn.
4. Continue cooking for 2-3 minutes then turn again, turn twice more until the meat is fully cooked through.
5. If you are a little uncertain if the meat is cooked, put skewers on to an oven tray and bake in a pre-heated oven on high for 5 minutes.
6. Serve the cooked skewers on top of the fluffy bed of lemon couscous and squeeze a wedge of lemon and orange over. Zing!

Garth McColegan

