



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Melissa's Spicy Kebabs



**Preparation
Time
15 minutes**

**Cooking Time
20 minutes**

Serves 4

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What will I need?

500g of lean low-fat Beef or Pork or Turkey mince

1 medium onion

½ teaspoon of Black Pepper

½ teaspoon of Garlic Granules

1 teaspoon of Paprika

1 teaspoon of Cumin

1 teaspoon of Chilli powder

1 egg

What will I need to do?

1. Pre-heat the oven to 180 degrees C or 160 degrees C Fan or Gas Mark 4

2. Peel and finely chop a medium onion. Place in a bowl and soften in the microwave for 2 minutes.

3. Put the meat into a large bowl and add all the dried ingredients.

4. Whisk the egg and pour into the meat mixture.

5. Add the softened onion from the microwave and mix well, using your hands to compress the mixture into

a ball.

6. Line a baking tray with greaseproof paper and spray with low-fat oil.

7. Divide the meat mixture into 10 equal pieces and roll into sausage shapes.

8. Put these into the fridge for 15 minutes or until ready to cook.

9. Place the kebabs in the pre-heated oven for 20 minutes.

10. Serve whilst hot with lettuce, fresh tomato and cucumber.

Top Tips

Reduce the amount of paprika and chilli powder for a milder kebab.

Heat resistant non-slip gloves would be useful for transferring the kebabs in and out of the oven.

Measuring spoons would be helpful.

