



Arvinda's

artfully created Indian spice blends



Shish Kebabs

Spiced ground meat kebabs with vegetables

Ingredients:

1 lb.	lean ground chicken, turkey, pork OR lamb
1	medium onion, finely chopped
1 tbsp.	Arvinda's Curry Masala
½ tsp.	Arvinda's Garam Masala
1 tsp.	sea salt
¼ cup	cilantro, finely chopped
	oil to baste, if necessary
12 -14	medium bamboo skewers, soaked in water

Vegetables:

1	medium red onion, cut into cubes
1	green or red sweet pepper, cut into cubes
1	zucchini, cut into cubes

Method of Preparation:

In a bowl mix ground meat, onions, **Arvinda's Curry Masala**, **Arvinda's Garam Masala**, sea salt and cilantro. Mix well, cover bowl and refrigerator for 10-15 minutes.

Preheat oven to 400F.

Take small lump of spiced meat mixture and form into kebab on soaked skewer. Thread a vegetable cube, alternating with a kebab on the skewer. Continue with remaining vegetables and kebab mixture.

Lay skewers on a baking sheet and cook in oven until slightly brown. Turn kebabs over and cook for another few minutes. Baste with oil if necessary. **Option:** Cook kebabs on barbecue following the same procedure.

Serve on bed of basmati rice drizzled with cucumber raita. **Serves 4.**