



Lamb Brochettes Suitable for celiacs

Ingredients:

Lamb lean meat

500 g.

Dried hydrated tomatos

2 units

Big onion

1 Unit

Mushrooms

250 g.

Black pepper

To taste

Dry Rosemary

1 tbsp

Squeezed lemon

½ cup

Oil

to spray

Salt

to taste

Procedure

Cut the skewers to the size of the BroCheff.

Cut up the meat in 2 cm cubes. Clean up the tomatoes, cut them in halves and remove their pulp and seeds. Cut them up in 2 cm cubes.

Peel the onion, separate the onion layers and cut them up in 2 cm cubes.

Clean the mushrooms, remove the ends and if too tiny, cut up the upper part of the mushroom in two parts. If they are too big, cut them up in three or four parts. Spray with lemon juice to avoid getting dark.

Insert the meat and the vegetables, alternatively, in the skewers and sprinkle with pepper and rosemary. Place the brochettes in the BroCheff in the proper way, spray the oil and cook at full power for 3 minutes.

