

# Lamb Skewers

## Ingredients:

1. 500g lamb tenderloin cut into 1 inch chunks
2. A pinch of lemon pepper
3. Fresh ground black pepper to taste
4. A dash of cardamom
5. A dash of cinnamon
6. A dash of all spice
7. Olive oil

## Directions:

### Preparation

1. Soak bamboo skewers in water
2. Place the meat in a Tupper ware
3. Drizzle generously with olive oil
4. Sprinkle spices and rub into the meat
5. Chill for at least 1 hour
6. Skewer 3-4 pieces of meat per a bamboo skewers

### Cooking

1. Preheat oven to 350°
2. Place skewers on the edge of a baking dish
3. Bake until the color changes and is cooked through (15 -20 minutes)

