Lamb Skewers with Avocado Sauce

6 ingredients · 15 minutes · 4 servings

Directions

1. Preheat the oven to 400ºF (204ºC). Line a baking sheet with foil.
2. Toss the lamb in 1/3 of the oil and thread onto the skewers. Season with 1/3 of the salt. Transfer to the baking sheet and cook for 8 to 10 minutes or until cooked through.
3. Meanwhile, combine the remaining oil, salt, lemon juice and avocado in a food processor or blender. If needed, add a bit of water until your desired consistency is reached.
4. Divide the lamb skewers onto plates. Drizzle with avocado sauce and enjoy!

Notes

Leftovers
Refrigerate the lamb and avocado sauce in separate airtight containers for up to three days.

Serving Size
One serving is equal to approximately one large lamb skewer and two tablespoons of avocado sauce.

No Lemon Juice
Use apple cider vinegar instead.

No Lamb Loin
Use beef, chicken or shrimp instead.

Grill Lover
Grill the lamb skewers over medium heat, rotating frequently for 7 to 8 minutes for medium-rare to medium.

Barbecue Skewers
If your barbecue skewers are wooden, be sure to soak them before using.

Ingredients

1 1/2 lbs Lamb Loin (fat trimmed, chopped into 1-inch cubes)

3 tbsps Extra Virgin Olive Oil (divided)

4 Barbecue Skewers

1 1/2 tsps Sea Salt (divided)

1/2 Lemon (juiced)

1 Avocado (peeled, pitted)