

Sticky Korean Lamb Skewers

Tangy, spicy, and delicious, these lamb skewers are easy to prepare and quick to cook. Serve them with fried rice or plain rice with a little curry powder added. A few sauted red onions would not come amiss either.

You can make this recipe with beef cubes if you don't have lamb. Skewers taste good wither way.

This recipe was adapted from a recipe in [Cooking Light](#) magazine.

Serves 3-4.

Ingredients

- 2 green onions
- 4 Tbs honey
- 4 Tbs sesame oil
- 4 Tbs soy sauce
- 2 tsp crushed red pepper flakes
- 3 large garlic cloves or 6 small ones, minced
- 1 pound lamb kebab meat (1" chunks of leg meat)
- 1 yellow bell pepper, cut into 1" pieces
- Cooking spray
- Coarse salt

Technique

1. Thinly slice green onions, reserving 2 tablespoons sliced dark green parts. Combine remaining green onions and next 5 ingredients (through garlic) in a large bowl. Add lamb to bowl; toss well to coat. Cover with plastic wrap and allow to marinate for 1 to 2 hours or up to 4 hours in the fridge. The longer you can marinate it, the better it will taste.
2. Thread lamb and bell pepper pieces alternately onto each of 4 (10-inch) skewers.
3. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add skewers to pan; grill 8 minutes or until lamb is desired degree of doneness, turning skewers after 4 minutes.
4. Remove skewers to a platter, and sprinkle evenly with reserved 2 tablespoons green onions and coarse salt to taste. Serve with rice and sautéed red onions.