

## Moroccan beef skewers

Ingredients	Equipment
<ul style="list-style-type: none"><li>• 450g beef mince</li><li>• 2 cloves garlic, finely chopped</li><li>• 3 tablespoons parsley, finely chopped</li><li>• 2 teaspoons ground cumin</li><li>• 1 teaspoon ground allspice</li><li>• 2 tablespoons dry breadcrumbs</li><li>• 1 tablespoon olive oil, for rubbing over skewers</li></ul>	<ul style="list-style-type: none"><li>• Metric spoon &amp; cup measures</li><li>• Sharp knife</li><li>• chopping board</li><li>• frypan or barbeque</li></ul>
<ol style="list-style-type: none"><li>1. Preheat a bbq to medium high heat or heat a frypan over the stove.</li><li>2. In a large bowl combine beef, garlic, 2 tablespoons of parsley, spices, breadcrumbs and eggs. Season with salt and pepper and mix thoroughly with your hands. Divide the mixture evenly into 8 balls.</li><li>3. Place a meat ball onto the end of a skewer and gently mould it into a flat sausage shape down the skewer, packing it tightly with your hand. This should be about 10 cm long, 4 cm wide and 2 cm thick. Repeat with remaining meat.</li><li>4. Rub a little olive oil onto each meat skewer and cook on the bbq for about 4 mins per side, or until cooked through. Remove from the bbq to a plate and rest for 3 mins.</li></ol>	