

Sosaties (South African lamb and apricot kebabs)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-lamb-sosaties-recipe>

Ingredients:

- 1/4 onion
- 1 clove garlic grated or finely chopped
- 1 teaspoon ginger fresh grated or finely chopped
- 3 tablespoons apricot jam
- 3 tablespoons wine vinegar white or red - I used white
- 1 tablespoon curry powder eg Madras
- 1/2 tablespoon ground cumin
- 1/4 teaspoon salt
- 1 pound lamb leg diced, 450g - can also use shoulder
- 16 apricots 100g, approx
- 1/2 onion

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 230 milligrams
9. Sugar: 20 grams

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