



## Chargrilled Lamb Skewers with a Spiced Grapefruit, Pomegranate and Mint Salsa

### Ingredients:

- 1 1/2 pound loin of lamb, cut into pieces around 3 in. long
- 1 tsp. olive oil
- Salt and freshly-milled black pepper

### Salsa:

- 1/2 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1 Florida orange, segmented and chopped
- 1 pink Florida grapefruit, segmented and chopped
- 1 small pomegranate
- Small bunch of mint, chopped

Makes: 4 servings

Prep Time: 10 minutes

Grilling Time: 10 minutes



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### Directions:

1. Crush the cumin and coriander seeds in a pestle and mortar and mix with the orange, grapefruit, mint and pomegranate seeds. Now skewer the lamb onto pre-soaked wooden or metal skewers. Heat the barbecue or ridged griddle pan until smoking hot, rub oil and seasoning onto the lamb and sear for a few minutes on each side.
2. Pile up onto a plate and serve with the salsa.

Makes: 4 servings

Prep Time: 10 minutes

Grilling Time: 10 minutes



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*Recipe and photo courtesy of [floridajuice.com](http://floridajuice.com)*