

Teriyaki Turkey Kebabs, Salad, Pitta Bread



Ingredients

- 500g turkey mince
- 50g breadcrumbs
- 3 tbsp teriyaki sauce
 - 3 red onions
- 2 garlic cloves, minced
 - 1 egg, beaten
- Salt and pepper to season
- 1 red, yellow & green peppers, cut in large cubes
 - ½ bag of salad
 - Pitta breads

Methods

1. Finely dice half of an onion.
2. Mix all ingredients together into meatballs, except the peppers and remaining onions.
3. Roll into meatball sizes.
4. Chill in the fridge to firm up for 20 minutes.
5. Quarter the remaining onions.
6. Thread the meatballs onto a skewer with a piece of pepper and quarter onion between each meatball.
7. Grill for about 8 minutes, or bake at 180c for 10 minutes, or air fry at 180c for 8 minutes.
8. Serve with salad & pitta breads.