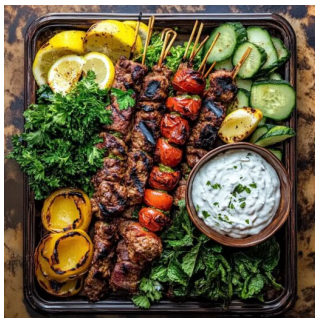


Mediterranean Kebab Platter - A Grilled Feast Full of Bold Flavor

Grilled Kebabs, Vibrant Veggies, and Fresh Flavor in Every Bite



TIME
15 min

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INGREDIENTS

For the Kebabs:

1.5 lbs ground lamb or beef

1 small onion, grated

3 cloves garlic, minced

2 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

Salt & pepper, to taste

Chopped parsley, a handful

For the Grilled Veggies:

Sliced eggplant, zucchini, and broccolini

Olive oil, for brushing

For the Platter:

Sliced cucumbers and tomatoes

Lemon wedges

Fresh herbs (mint, parsley)

Tzatziki sauce or herbed Greek yogurt

Flatbread or pita, warm

DIRECTIONS

1. ? Step 1: Make the Kebabs: In a large bowl, combine ground meat, onion, garlic, cumin, coriander, paprika, parsley, salt, and pepper. Form into small logs or ovals and thread onto skewers (metal or soaked bamboo).
2. Tip: Chill the kebabs for 15 minutes to help them hold their shape on the grill.
3. Grill over medium-high heat for 10-12 minutes, turning occasionally, until fully cooked and lightly charred.
4. ? Step 2: Grill the Veggies: Brush eggplant, zucchini, and broccolini with olive oil and season with salt and pepper. Grill for 2-4 minutes per side, until tender and slightly charred.
5. ? Step 3: Assemble the Platter: On a large serving tray or board, arrange the grilled kebabs and veggies. Add sliced cucumbers, tomatoes, lemon wedges, and dollops of tzatziki. Finish with warm pita or flatbread and fresh herbs.

SWAPS & NOTES

Protein : Ground chicken or turkey works too-just chill the kebabs before grilling for better hold.

Veggies : Sub in bell peppers, red onion, or mushrooms.

Use hummus, labneh, or a lemon-garlic yogurt.

TIPS FOR SUCCESS

Grate the onion finely to keep the kebabs tender and juicy.

Don't overhandle the meat -mix just until combined to avoid dense kebabs.

Serve warm pita : Brush with olive oil and grill for 1 minute per side.

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