



CHECKLIST

Preventing and fixing oversalted kebab: a quick checklist

- ☐ Measure salt with a teaspoon rather than adding it by hand
- ☐ Taste the marinade on a clean finger before adding meat
- ☐ Check if your spice blend already contains salt
- ☐ Add plain yogurt to a takeaway kebab that tastes too salty
- ☐ Squeeze fresh lemon juice over the meat to shift the flavour balance
- ☐ Mix oversalted meat with unsalted rice or flatbread
- ☐ Add fresh chopped vegetables to dilute the salt per bite
- ☐ Grill a single test piece before cooking the full batch
- ☐ Use leftover oversalted meat as a small accent in a larger dish