



GLAZED VEGETABLE KEBABS – SERVES 4



Colourful, glazed vegetable kebabs are full of flavour. Delicious served on a bed of rice or great for when the BBQ season arrives!

INGREDIENTS

- 1 courgette
- 8 button mushrooms
- 1 red onion
- 8 cherry tomatoes
- 1 yellow pepper
- 1 orange pepper

GLAZE

- 1 tbsp honey
- 1 tsp wholegrain mustard
- ½ lime

ALLERGENS

None

DIETARY COMPONENTS

These kebabs are full of vitamin C, which is found in high amounts in peppers and tomatoes. Vitamin C helps the body to absorb iron and is essential to repair and protect our cells from damage.

EQUIPMENT

- Chopping board
- Knife
- Skewers
- Bowl
- Juicer
- Pastry brush
- Baking tray
- Spoon measures

METHOD

1. Soak 8 wooden skewers in water for 30 mins (this prevents them from burning during cooking. Alternatively, use metal skewers).
2. Heat the oven to 200C/Fan 180C/gas 6.
3. Prepare the glaze by combining the honey, mustard and lime juice into a bowl.
4. Wash the vegetables
5. Cut the courgette into thick slices..
6. Peel the onion and cut into wedges.
7. Slice the peppers into thick strips.
8. Assemble the kebabs by threading the vegetables onto the skewers and place onto a baking tray.
9. Brush each kebab with the glaze and place into the pre-heated oven for 20-25 minutes.
10. Remove from the oven when cooked and serve.