

Veggie Kebabs

Ideally you would cook these on a barbecue but we all know what the British weather is like! These kebabs will cook just as well on a grill if it's too cold or you're not in the mood for outdoor cooking. Remember, fresh air makes food taste even nicer!



Nutritional information per portion (193g):

Energy	Fat	Saturates	Sugars	Salt
173kJ 41kcal 2%	1.7g 2%	0.3g 2%	3.8g 4%	0.09g 2%

of an adult's reference intake.
Typical values per 100g: energy 90kJ/21kcal.

Equipment

- Colander
- Clean, damp cloth
- Chopping board
- Sharp knife
- Skewers x 8 (metal or wooden)
- Measuring spoons
- Small bowl
- Pastry brush
- Oven gloves

Ingredients

Serves 4

- 16–20 cherry tomatoes
- 2 courgettes
- 16–20 button mushrooms
- 1 medium onion
- 1 x 5ml spoon olive oil
- Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Metal skewers will get really hot so use oven gloves to turn them over. Or use wooden skewers but soak them in water for a couple of minutes to prevent them burning on the barbecue!
- The barbecue will need to be lit at least an hour before you start cooking.

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Method

1. Light the barbecue or turn the grill on to a high heat.
2. Wash the courgettes and cherry tomatoes.
3. Wipe the mushrooms with a clean damp cloth.
4. Peel the onion and chop into 1cm wedges.
5. Chop the courgettes into cubes (about the same size as the onion pieces).
6. Thread a courgette cube, a whole mushroom, a whole cherry tomato and a chunk of onion onto a skewer. Keep going until the skewer is full.
7. Brush each skewer with a little oil and add black pepper to taste (if using).
8. Grill on each side until cooked. This should take around 5–10 minutes depending on how hot your grill or barbecue is. Keep turning them so they don't burn.

Something to try next time

- Make a marinade to add extra flavour to your skewers. Mix 1 x 15ml spoon of olive oil and 1 x 15ml spoon of balsamic vinegar. Drizzle over your veggie skewers before cooking, or if you have time, leave them in the marinade for at least half an hour before cooking.

Prepare now, eat later

- Prepare the kebabs several hours ahead, marinade and cook later.
- Use any leftover cooked vegetables in a vegetable soup or add to a pasta sauce.

Skills used include:

Washing, measuring, peeling, chopping, grilling and serving.