

# Recipe: BBQ veg skewers

Summer is BBQ season and I love roasting vegetables on an outdoor grill as it can make them even more tasty! Just about any meat or veg can be added to a skewer for the grill as long as it is chopped into a suitable size and has a little room for the heat to get to it. Even non-veg lovers enjoy this!



## Ingredients

- Classic veg: peppers, onion, mushroom, marrow/courgette
- Optional extras: chicken, fish\* or halloumi\* (sliced into cubes)
- 2 tbsp oil
- BBQ seasoning of your choice (or just salt and pepper)

## Method

- If you're using wooden skewers, soak these in water for 5 minutes (reduces the risk of them burning on the grill).
- Chop the veg into bite size pieces. If you're using pepper or marrow/courgette, once chopped you can put these in the microwave for 2 minutes to cook slightly and reduce the risk of charring on the BBQ. Add these to a large bowl or pan and lightly coat the veg in some of oil and seasoning.
- If you're adding meat or halloumi chop these into bite size pieces too. Coat the meat in the rest of the oil and seasoning so that it is lightly covered.
- Add each food to the skewer in whatever order you like. I like to alternate foods.
- On a medium high heat on the BBQ (gas or wood/coal) cook the veg skewers (rotate regularly) for about 15-20minutes or until cooked.

\*Please note this food is or may contain one or more of the 14 common food allergens.



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