

Vegetable Kebabs

Ingredients

- 1 courgette
 - 1 yellow pepper
 - 8 cherry tomatoes
 - 8 button mushrooms
 - 4 kebab sticks
- For the marinade**
- 2 teaspoons soy sauce
 - 2 teaspoons oil
 - 2 teaspoons honey
 - ½ teaspoon mixed herbs

Handy Hints

Always pre-soak the kebab sticks in water to stop them burning under the grill.

If you like you could add two chicken breasts cut into pieces. Just ensure that they are thoroughly cooked using a food probe to check the inside of the chicken has reached at least 72°C

Try using different vegetables such as aubergine, red onion or red pepper

You could try adding halloumi cheese to your kebabs. This cheese stays solid when it heats up so works really well with this dish.



Method

Place all of the ingredients for the marinade into a small bowl and mix together. Leave to one side

Cut the pepper into quarters and then cut each quarter in half to make 8 pieces. Discard any seeds

Top and tail the courgette and then cut in half. Cut each half in half again and half again to make eight pieces.

Take a kebab stick and carefully thread a tomato onto the stick. Then thread a piece of pepper, followed by a mushroom, then courgette and repeat until you have 8 vegetables on each stick.

Brush the kebabs with the marinade.

Place the kebabs under a pre heated grill turning occasionally with tongs until they are golden brown.