

Vegetable kebabs

Ingredients

- 1 courgette
- 1 yellow pepper
- 8 cherry tomatoes
- 8 button mushrooms

For the marinade

- 2 x 5ml spoons soy sauce
- 2 x 5ml spoons oil
- 2 x 5ml spoons honey
- ½ 5ml spoon mixed herbs



Equipment

Small bowl, measuring spoons, chopping board, sharp knife, pastry brush, plate, 4 kebab sticks, tongs, oven gloves.

1. Place all the ingredients for the marinade in a small bowl and gently mix together then set aside.
2. Preheat the grill.
3. Cut the peppers into quarters, and then cut each quarter in half to make eight pieces. Discard any seeds.
4. Top and tail the courgette then cut in half. Cut each half into half again to make four pieces of courgette, then cut each piece in half again to make eight pieces of courgette that are all the same size.
5. Place the mushrooms and cherry tomatoes on a plate.
6. Take a kebab stick and carefully thread a tomato on to the stick. Then thread a piece of pepper onto the stick followed by a mushroom and then a piece of courgette.
7. Repeat the above step so you have eight vegetable pieces on the kebab stick.
8. Make the other three vegetable kebabs by repeating steps 6 and 7.
9. Brush the vegetable kebabs with the marinade.
10. Place the kebabs under a pre-heated grill, turning occasionally with tongs until they are golden brown.

