

Vegetable Kebabs

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Veggie kebabs glazed with grainy mustard and honey make for a deliciously different party dish. Add in small chunks of cheese if you like – something like halloumi or paneer would work really well.

Ingredients:

2 red onions
2 small aubergines
2 small courgettes
16 cherry tomatoes
2 red peppers
2 orange peppers
2 tbsp. clear runny honey
2 tsp. grainy mustard
4 tbsp. oil
Salt and pepper
Wooden skewers

Directions:

1. Soak the skewers in water for at least two hours before using to cook with.
2. Cut the red onions into quarters, removing the skin.
3. Remove the top and bottom of the peppers and then remove the white pith and the seeds. Cut the peppers into squares.
4. Cut the aubergines and the courgettes into rough chunks.
5. Slice the tomatoes in half or leave them whole if you prefer.
6. Mix together the honey with the mustard, oil, and some salt and pepper.
7. This recipe is enough for eight large portions. Simply divide the vegetables evenly between the skewers.
8. Brush the skewers with the oil and honey mustard mixture.
9. Either grill the skewers on a grill pan or in the oven, or if the weather is nice, BBQ them. They'll take around 25 minutes to cook.
10. Brush them with more of the glaze before serving.

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