

Honey vegetable kebabs

Makes 6 kebabs



Ingredients (allergens in bold)

For the kebabs:

- 12 small new potatoes – boiled and cooled
- 2 courgettes – thickly sliced
- 1 red pepper – de-seeded and cut into squares
- 1 yellow pepper – de-seeded and cut into squares
- 1 red onion – peeled, quartered and split into layers

For the marinade:

- 2 tbsp olive oil
- 2 tbsp clear honey
- 1 garlic clove – peeled and crushed
- juice and finely grated zest of 1 lemon
- 1 tbsp whole-grain **mustard**
- freshly ground black pepper

For the herb dressing:

- 5 tbsp mixture of mint, coriander and basil, freshly chopped
- 200ml crème fraiche

To serve:

- 6 pitta breads

Method

1. Heat the oven to 200 °C/Gas 6. Whisk the marinade ingredients together in the mixing bowl.
2. Add the prepared vegetables to the marinade. Toss gently to coat them.
3. Carefully thread the vegetables on to the skewers and place them on a baking tray.
4. Bake the kebabs for 10 – 12 minutes until they are evenly golden. Meanwhile, lightly toast the pittas.
5. To make the dressing, stir the herbs into the crème fraiche. Cover and refrigerate.
6. Remove the vegetables from the skewers and gently spoon them into the pittas. Serve the Kebabs with a generous helping of herb dressing spooned over the top.



Equipment

- saucepan
- chopping board
- sharp knife
- whisk
- mixing bowl
- tablespoon
- garlic crusher
- grater
- lemon squeezer
- measuring jug
- wooden kebab skewers
- baking tray
- tongs
- grill or toaster

Recipe notes and tips

- As an alternative, cook the kebabs over a barbeque.
- Other veg that can be threaded onto skewers include asparagus, chunks of aubergine, cherry tomatoes, mushrooms.