# Chargrilled veg kebabs

# kitchen

#### Serves 6







The wooden skewers need to be able to fit into your griddle pan, so trim them to the right size before you start, if needed. These kebabs work brilliantly cooked on a barbecue, too.

#### Ingredients

- 50g ciabatta
- 1 yellow pepper
- 150g halloumi cheese
- 1 courgette
- 180g chestnut mushrooms
- 2 red onions

- optional: 1 fresh red chilli
- 1 lemon
- extra virgin olive oil
- 2 sprigs of fresh rosemary
- 200g cherry tomatoes





## Here's how to make it?

- 1 Place 12 wooden skewers into a large roasting tray of cold water to soak this will stop them from burning.
- On a chopping board, slice the crusts off the ciabatta, then cut into 2cm chunks and place into a large mixing bowl.
- Cut the pepper in half, scoop out all of the seeds and white pith with a teaspoon, then cut into 2.5cm chunks and add to the bowl.
- Cut the halloumi into 2.5cm chunks and add to the bowl.
- 5 Holding the courgette flat on a chopping board, use a Y-shaped peeler to peel off long thin ribbons of courgette, then place into the bowl.
- 6 Cut the mushrooms in half or into quarters, depending on the size, then add to the bowl.
- Peel the onions and cut into thin wedges and place in the bowl.
- Carefully slice the chilli in half lengthways (if using).
- Hold the stalk end of each half steady, then run a teaspoon down the cut sides to scoop out the seeds and white pith.
- Finely chop and sprinkle into the bowl, then wash your hands thoroughly.
- 11 Using a microplane, finely grate the lemon onto a board, then scatter into the bowl.
- 17 Drizzle over 2 tablespoons extra virgin olive oil.
- 13 Pick the rosemary leaves, discarding the stalks, then finely chop and sprinkle into the bowl.
- 14 Add the cherry tomatoes to the bowl.
- 15 Using your hands, toss and mix everything together you can leave to marinade in the fridge at this stage for added flavour.
- Remove the skewers from the tray, discard the water and wipe the tray dry.
- 17 Divide and thread the ingredients between

- your skewers pick whichever ingredients you want, just don't push them too close together otherwise they won't cook properly.
- 18 Place each one onto the tray.
- 19 Put the griddle pan on a high heat to warm up (or you could cook them under the grill).
- Place the skewers onto the griddle pan and cook for around 8 minutes or until the cooked through, turning every 2 minutes to get nice and golden on all sides you may need to do this in batches.
- 21 Once cooked, transfer the kebabs to a serving platter and serve with a fresh zingy salad and some rice (see **Fluffy rice** recipe) or flatbreads (see **Easy flatbreads** recipe).

#### Your notes...





## Step by step D





## Step by step Q





## Fluffy rice

#### Serves 6

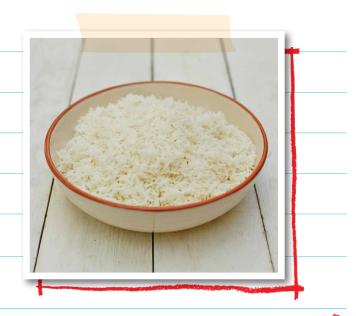


Here's a basic recipe for getting perfect rice every time - you'll be amazed at the light and fluffy results. Before you start, check that the sieve sits nicely on top of the rice pan.

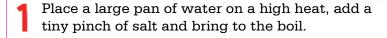
#### Ingredients

sea salt
350g basmati rice





#### Here's how to make it



- Rinse the rice in a sieve under running water for about 1 minute, or until the water runs clear this will stop the grains sticking together later.
- Once boiling, carefully add the rice to the water and wait for the grains to start dancing around – from that point, boil for 5 minutes.
- ⚠ Drain the rice over the sink into a sieve.
- Pour roughly 2.5cm of boiling water into the empty pan, place back on the heat and bring it to the boil again, then turn down to a simmer.
- 6 Cover the rice in the sieve with a lid (or you can use kitchen foil).
- Place the sieve on top of the pan of simmering water and let the rice steam over it for 8 to 10 minutes.
- Remove from the heat and if you're ready, serve immediately. If not, leave covered and put aside until ready to serve it should stay warm for about 20 minutes.



## Step by step Q





### Easy flatbreads

#### Makes 12









I've given you a recipe for garlic butter here too, but these flatbreads are lovely just as they are alongside some soup, with a fresh salad or dunked in some homemade dip.

#### Ingredients

#### for the flatbreads:

- 350g self-raising flour, plus extra for dusting
- sea salt
- 1 teaspoon baking powder
- 250g natural yoghurt

#### Optional - for the garlic and herb butter:

- 2 cloves of garlic
- a bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill
- 40g unsalted butter





## Here's how to make it?

- Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
- Dust a clean work surface with flour, then tip out the dough.
- Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
- Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
- 5 If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher.
- 6 Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks.
- Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then set aside.
- Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
- 9 With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
- 10 Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
- 11 Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
- 12 Brush the flatbreads all over with herby garlic butter as they come off the griddle, then pile onto a serving board so everyone can dig in and help themselves.

Your r	notes
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## Step by step D



## Step by step Q

