



Honeyed vegetable kebabs

cook it

Recipe 8

The
focus on
food
Campaign

This recipe makes 6 kebabs.

Ingredients

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 Tablespoons olive oil
- 2 Tablespoons clear honey
- 1 Garlic clove – peeled and crushed

- Juice and finely grated zest of 1 lemon
- 1 Tablespoon whole-grain mustard
- Freshly ground black pepper

For the herb dressing:

- 5 Tablespoons mixture of mint, coriander and basil – freshly chopped
- 200ml Crème fraîche

To serve:

- 6 Pitta breads
- 6 Tablespoons parmesan cheese – grated

Equipment

- Barbecue, grill or oven
- Saucepan
- Chopping board
- Sharp knife
- Whisk
- Small bowl
- Mixing bowl
- Pastry brush
- Grater
- Garlic crusher
- Tablespoon
- Scraper
- Wooden kebab skewers
- Tongs

How to make it

- 1** Whisk the marinade ingredients together in the mixing bowl.
- 2** Prepare the vegetables and add them to the marinade. Toss them gently to coat them in the mixture.
- 3** Carefully thread the vegetables on to the skewers, reserving the remaining marinade.
- 4** Split the pitta breads, brush their inside surfaces with the remaining marinade and sprinkle with Parmesan cheese.
- 5** Cook the kebabs either over hot barbecue coals, under the grill or bake at 200°C / Gas 6 until they are evenly golden. Meanwhile, lightly toast the pittas on both sides on the edge of the barbecue or under the grill.
- 6** To make the dressing, stir the herbs into the crème fraîche. Cover and refrigerate.
- 7** 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.