

Vegetable skewers

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Serves: 10
Preparation time: 10 minutes
Cooking time: 5 minutes
Dairy free, gluten free, nut free, vegetarian

Ingredients

- ½ fresh pineapple (or 227g can of pineapple pieces in juice)
- 1 capsicum (red, green or yellow)
- 1 red onion
- 15 mushrooms
- ½ punnet cherry tomatoes
- 1 zucchini
- 1 tbsp olive oil
- 2 tsp dried basil
- 1 tsp paprika
- Olive oil spray

Method

1. If using bamboo skewers, soak skewers in water while you prepare the ingredients.
2. Chop the pineapple into 3cm pieces (or drain the juice if using canned pineapple).
3. Chop the capsicum into 3cm pieces.
4. Chop the red onion into quarters.
5. Chop the mushrooms and cherry tomatoes into halves.
6. Halve the zucchini lengthways, then chop it in 1cm thick rounds.
7. Place vegetables in a bowl, drizzle with oil and toss through basil and paprika.
8. Thread the colourful ingredients on to bamboo or metal skewers.
9. Lightly spray BBQ or grill pan with oil and cook on medium heat for a few minutes until golden. Turn skewers over once or twice until cooked.

Variations: 300g lean pork/beef/chicken fillet or firm tofu, drained and cut into 3cm cubes.

Serving suggestion: Remove veggies from the skewer and wrap in pita bread with hummus or tzatziki.

Acknowledgment goes to Natalie von Bertouch for this recipe.