

# LET'S GET COOKING

## Kebabs



### YOU WILL NEED

Diced Chicken/Halloumi  
Rump Steak/Diced Pork  
Cherry tomatoes  
Peppers 1 of each colour  
1 Large Onion  
2 Courgettes  
Kebab Skewers  
Olive Oil  
Soak Skewers (unless using metal ones) in water whilst you prepare the ingredients

Use any meat or vegetarian/vegan options as you wish, the above are just some examples for you to try

- 1 Using a sharp knife (with an adult) trim off any fat from the meat. Or cut the Halloumi into cubes.
- 2 Cut out the stalks and seed sections from the peppers and cut the peppers into thick slices or squares.
- 3 Peel and cut the onions into large squares
- 4 To make up the kebabs, push the ingredients onto the skewer alternating the meat/cheese/vegetables, until the skewer is full, leaving enough space for you to hold them at either end.
- 5 Brush the filled kebab with Olive oil
- 6 Cook in the oven or grill or on the BBQ until fully cooked, turning them occasionally

**Safety tip** Make sure an Adult helps you when using the knife and helps with the cooking of the kebabs.

My Serving suggestion would be with a healthy salad, rice and homemade coleslaw

(See my homemade coleslaw recipe)

