

Sticky Veggie BBQ Skewers with

Rainbow Salsa

Gluten
Free

Serves 4

£1.42 per
serving*



You'll need:

Approx 16 chunky closed cup mushrooms
2 bell peppers (chopped in to chunks)
2 Large red onions (peeled and chopped into chunks)
1 Courgette (washed and chopped into 1 inch pieces)
4 Tablespoons of BBQ sauce
A good drizzle of vegetable oil
4-6 skewers (depending on how long they are)

For the salsa:

4 tomatoes
1 fresh lime
A pinch of sea salt
¼ teaspoon of dried coriander or dill
4 Tablespoons of sweetcorn



How to do it:

First, keep about ¼ of your onion to one side for your salsa before then assembling your skewers.

Pop your mushrooms into a bowl with your courgette, pepper and onion chunks, BBQ sauce and a good drizzle of rapeseed oil (approx. 2 tablespoons) Give the contents a good mix around to fully coat the veggies in the sauce. If you fancy your skewers a bit spicier, add about half a teaspoon of Cajun spice at this stage and mix well.

Carefully thread your vegetables onto your bamboo sticks, this is likely to be a bit messy as you need to use your hands! Try to create a pattern of mushroom, onion, pepper slice, courgette chunk.. then repeat until all of the veggies have been used up. Try to keep things as compact as possible as the mushrooms will shrink when cooked.

To make your salsa, finely dice your remaining red onion along with your tomatoes. Pop your diced veggies into a bowl with the sweetcorn, a good squeeze of fresh lime juice, a pinch of salt and a good sprinkle of coriander or dill.

Cook on the BBQ (or in the oven at 200°C for about 30 minutes) turning regularly until each side of your skewers have slightly charred edges. Serve with your fresh salsa.