

Grilled Ginger Pineapple Skewers



Gluten
Free

Serves 4

83p per
serving*

You'll need:

- 1 Large fresh pineapple
- 1 heaped teaspoon of ground ginger
- A good glug of rum (or tropical fruit juice)
- 12 BBQ skewers



How to do it:

Peel and chop your pineapple into approx. 12 spears and pop onto your BBQ skewers.

Mix your ground ginger with your rum (or fruit juice if you want them alcohol free) and then brush over all of your pineapple spears.

These can be cooked straight away but the flavours will develop more if you can allow them to sit in the marinade for around an hour before grilling.

Finally, grill on a hot BBQ, turning regularly to allow the pineapple to catch a little and develop a sweet, caramelised flavour.

Take care eating these straight away – the hot juices can burn!