

VEGETABLE KEBABS

Equipment needed –

Small knives, chopping boards, grill, bamboo skewers, 3 serving platters, measuring spoons, small bowl and a large tray.

Ingredients from the Garden –

- zucchinis
- eggplants
- red onion
- green capsicum

Ingredients from the Pantry –

- 4 tablespoons of balsamic vinegar
- 4 tablespoons of olive oil

What to do –

1. Cut the onion into wedges and set aside.
2. Cut the eggplants into chunks and set aside.
3. Cut the zucchini into chunks and set aside.
4. Cut the capsicum into chunks and set aside.
5. Thread the onions, zucchini, eggplant and capsicums equally amongst the skewers and place on a large tray.
6. In a small bowl, measure out 4 tablespoons of olive oil and 4 tablespoons of balsamic vinegar. Mix to combine.
7. Drizzle the skewers with the combined vinegar and oil.
8. Cook the skewers on the heated grill plate until the vegetables are browned and tender.
9. Divide the skewers amongst 3 serving platters to serve.

Serves –

- 28 students.