

Yummy Veggie Skewers



1 hour



6 portions



Difficulty: 1



method

- ❖ Preheat oven to 180* C (350* F).
- ❖ Clean and place the baby potatoes in a baking pan and roast for 30-40 minutes, until soften. Remove from oven and turn oven broiler on to 200* C (390* F) Fan.
- ❖ Soak the wooden skewers in water for at least 30 min.
- ❖ Chop the zucchini and eggplants into 1 cm slices, the bell peppers into 2 cm cubes and the mushrooms and onion into 4 pieces.
- ❖ Most important- *really try to chop all your vegetables so they are approximately equal in size and shape. Precision here is impossible but do your best.*
- ❖ Transfer the chopped ingredients to a bowl. Add the salt, pepper and olive oil.
- ❖ Add the potatoes and toss. Thread the vegetables onto the skewers, alternating between vegetables and place them in a baking pan fitted with a wire rack.
- ❖ Prepare the Garlic Herb Sauce: in a medium bowl whisk together the olive oil, minced garlic, parsley, cilantro, rosemary, salt, and pepper.

- ❖ Grill for 10 minutes, turn them over and grill for another 10 minutes.
- ❖ Once ready, brush with garlic herb sauce and drizzle with balsamic vinaigrette, if desired.



ingredients

- 200 g baby potatoes
- 2 zucchinis
- 1 eggplant, small
- 1 onion
- 1 yellow bell pepper
- 1 green bell pepper
- 6 champignon or portobello mushrooms
- Salt, pepper
- 2 tablespoon(s) olive oil
- For the Garlic Herb sauce (optional):
 - 1/3 cup olive oil
 - 1 clove garlic - minced
 - 2 tbsp fresh parsley minced
 - 2 tbsp fresh cilantro minced
 - 1 tsp fresh rosemary minced
 - salt to taste
- freshly ground black pepper to taste
- For the serving:
 - 50 g balsamic vinegar