

BBQ Meat and Vegetable Skewers

Serving size 8

Ingredients

- ¼ cup extra virgin olive oil
- 1 fresh red chilli, finely chopped (optional)
- 1 garlic clove, crushed
- 1 tbsp fresh or dried thyme leaves
- 400g chicken breast OR beef rump steak, fat trimmed cut into 2 cm cubes
- 1 large red or yellow capsicum, deseeded, cubed
- 2 zucchini, thickly sliced
- 1 red onion, cut into large chunks
- Freshly ground black pepper
- 1 fresh red chilli, finely chopped (optional)



Method

1. Combine the oil, chilli (optional), garlic, thyme and pepper in a small bowl.
2. Soak 12 bamboo skewers in cold water for 5 minutes. Drain and dry with paper towel.
3. Thread the chicken or beef, capsicum, zucchini and red onion alternately onto the skewers. Brush the skewers with some of the oil mixture.
4. Heat a barbecue grill or chargrill on high. Reduce heat to medium. Heat remaining oil and repeat with remaining mixture.
5. Add the skewers to the barbecue and cook, turning and brushing with the remaining oil mixture occasionally, for 6-8 minutes or until just cooked.

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