



For 4 people
Preparation time about 30 minutes - soaking time about 30 minutes

Antipasti veggie kebabs BBQ style

For the marinade

1 garlic clove, finely chopped or crushed
small handful of mint, leaves finely chopped
4 tbsp olive oil
zest and juice of ½ lemon
1 tsp dried oregano

For the veggie kebabs

400g can artichoke hearts
1 courgette, sliced lengthways, then cut
crossways into 16 equal-sized pieces
8 shiitake mushrooms, halved
8 small peppers, deseeded and halved
250g (9oz) halloumi, sliced lengthways then
cut into 8 equal-sized cubes
salt and freshly ground black pepper

Also

8 wooden skewers (20cm/8in each)

1 Soak the wooden skewers for at least 30 minutes in water. To make the marinade, stir together the garlic, mint, oil, lemon zest, 2 tablespoons of lemon juice, and oregano in a bowl and set aside.

2 Drain the artichoke hearts in a sieve, then slice in half. Slide the vegetable and halloumi chunks onto the wooden skewers so they are evenly distributed and season with salt and pepper. Barbecue over a moderate heat for 3-4 minutes on each side. Brush with the marinade and serve.

3 You can also make the kebabs on a gas stove. To do this, heat 1 tablespoon of the olive oil in a non-stick pan and fry the veggie kebabs over a moderate heat for 3-4 minutes on each side. Brush with the marinade and serve.



Spear with your fork

To juice a lemon without a squeezer requires some manual work! Slice the lemon in half and stick a fork into the flesh a few times - this will make it easy now to squeeze the lemon by hand. Or to make it even easier, stick the fork in the centre of the lemon, then move it up and down and hey presto... the juice just flows out of its own accord.

