Rainbow vege kebabs

Ingredients
Serves 2 (makes 4)
4 cherry tomatoes
1 capsicum, deseeded, e.g. red, yellow, orange, green
¼ carrot, peeled
½ courgette
¼ red onion, peeled
¼ beetroot, washed
2 teaspoons oil
pepper to taste

Method
1. Preheat oven to 180°C. Soak wooden skewers in a shallow bowl of water for 10 minutes.
2. Prepare your vegetables: slice capsicums, carrot, courgette, red onion, beetroot into similar sized chunks (about 2–3cm pieces).
3. Thread vegetables onto skewers following the order of a rainbow.
4. Place in roasting pan and sprinkle with oil and season with pepper.
5. Roast in oven for 10-15 minutes or until beetroot is cooked through. Allow to cool for 10 minutes.

Serving suggestion
• Serve the kebab with an Asian-style dipping sauce.

Equipment
- Cutting board and knife
- Measuring spoons
- Roasting pan
- Shallow bowl
- Vegetable peeler
- 4 wooden skewers

Preparation and cooking skills
Peel, roast, slice, thread onto skewers.

Nutrition
• Vegetables come in a wide variety of colours, shapes and flavours. You will get the greatest benefit if you eat a ‘rainbow’ of colours everyday, e.g. green, white, yellow-orange, blue-purple, red.