

# Rainbow vege kebabs



## Ingredients

### Serves 2 (makes 4)

- 4 cherry tomatoes
- 1 capsicum, deseeded, e.g. red, yellow, orange, green
- 1/4 carrot, peeled
- 1/2 courgette
- 1/4 red onion, peeled
- 1/4 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.