

Your guide to:  
**Grilling, char grilling  
or barbecuing vegetables**

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Fresh New Zealand grown vegetables

**TURN OVER  
FOR TIPS!**

# Grilling, char grilling or barbecuing

Cooking times depend on the amount of heat and the size of the vegetable pieces.

1. Wash vegetables and cut as required.
2. Preheat the grill, pan or barbecue plate.
3. Lightly brush or spray vegetables with oil. Season with a little salt and freshly ground pepper.
4. If grilling, place on ovenproof tray. If char grilling or barbecuing, place on char grill pan or barbecue plate.
5. Cook until tender, turning as required.
6. During cooking, vegetables may be basted with olive or flavoured oil, or a marinade.



# Barbecued vegetables

## Suggestions:

- onion rings with sprigs of fresh rosemary or sage
  - capsicum wedges with sliced shallots
  - beans or asparagus with sesame seeds
  - sweetcorn on the cob
  - sliced courgettes with peeled sliced garlic
  - sliced potatoes with thyme and peeled garlic cloves
1. Cut washed vegetables into similar sized pieces. Leave vegetables such as beans and asparagus whole.
  2. Place vegetables on a large piece of aluminium foil. Spray with vegetable oil. Season with freshly ground black pepper to taste. Fold foil to form a secure parcel.
  3. Place on the barbecue. Turn over half way through cooking time. As a guide, tomatoes will take about 8 minutes, however kumara and potatoes may take up to 30 minutes.
  4. Remove from heat and very carefully unwrap the foil as the steam will escape.

**Tip:** Pre or partially boil, steam or microwave, sliced, dense vegetables, such as kumara, carrot or potato.

For more delicious recipes and ideas visit [www.vegetables.co.nz](http://www.vegetables.co.nz)

