



"Mediterranean style" vegan skewers

Prep. time 10 minutes / Marinating time 30 minutes / Cooking time 15 minutes / Serves 2-4.

These colourful "Mediterranean style" vegan skewers have plenty of eye-appeal and bags of taste to boot. Great on summer barbecues or simply grilled whenever you fancy! These are sure to be a real crowd-pleaser, whatever time of year it is, so go on, give these a try!

Ingredients

- 1 aubergine, cut into big chunks
- 1 large courgette, sliced thickly
- 1 yellow pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 x Sheese vegan grilling block, cut into chunks
- 1 tablespoon oil
- 2 tablespoons lemon juice
- 1 teaspoon mixed herbs
- Pinch of garlic
- Salt and black pepper

Cooking Method

1. Mix the veggies and Sheese chunks in a bowl with the oil, lemon juice, herbs and seasoning and leave to marinade for 30 minutes.
2. Place them onto skewers and either BBQ or grill for 10-15 minutes until softened and nicely grilled.
3. Enjoy with salad on the side!