

Lunchbox Laughter

Veggie Kebabs



Easy Cheesy Kebab

Ingredients:

60 grams cheese
8 cherry tomatoes
6 cm cucumber
½ small red pepper

Equipment:

Knife
Chopping board
Wooden skewers

Method:

1. Cut the cheese, cucumber and pepper into bite sized pieces.
2. Halve cherry tomatoes.
3. Thread veggie and cheese chunks onto a kebab skewer.



Very Veggie Kebab

Ingredients:

½ small orange pepper
6 cm courgette
8 cherry tomatoes
8 baby corn
½ avocado
Basil leaves

Equipment:

Knife
Chopping board
Wooden skewers

Method:

5. Cut the pepper, courgette, corn and avocado into bite sized chunks.
6. Halve the cherry tomatoes.
7. Thread veggie chunks and basil leaves onto kebab skewers.



Red Kebab

Ingredients:

8 cherry tomatoes
½ small red pepper
50 grams ham

Equipment

Knife
Chopping board
Wooden skewers

Method:

1. Cut the pepper and ham into bite sized chunks.
2. Halve the cherry tomatoes.
3. Thread veggie chunks and ham onto kebab skewers.
4. Serve with a BBQ dip!

