



Chargrilled veg kebabs

HALLOUMI, MUSHROOM, TOMATOES, ONION & COURGETTE

👤 **MAKES: 12**

🕒 **COOKS IN: 1 HOUR**

DIFFICULTY: SUPER EASY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
88	5.7g	2.7g	2.8g	0.40g	4.4g	5.3g	1.1g
4%	8%	14%	3%	7%	9%	2%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

50 g ciabatta

1 yellow pepper

150 g halloumi cheese

1 courgette

180 g chestnut mushrooms

2 red onions

1 fresh red chilli , optional

1 lemon

extra virgin olive oil

2 sprigs of fresh rosemary

200 g cherry tomatoes

Method

1. Place 12 wooden skewers into a large roasting tray of cold water to soak – this will stop them from burning.
2. On a chopping board, slice the crusts off the ciabatta, then cut into 2cm chunks and place into a large mixing bowl.
3. Cut the pepper in half, scoop out all of the seeds and white pith with a teaspoon, then cut into 2.5cm chunks and add to the bowl.
4. Cut the halloumi into 2.5cm chunks and add to the bowl.
5. Holding the courgette flat on a chopping board, use a Y-shaped peeler to peel off long thin ribbons of courgette, then place into the bowl.
6. Cut the mushrooms in half or into quarters, depending on the size, then add to the bowl.
7. Peel the onions and cut into thin wedges and place in the bowl.
8. Carefully slice the chilli in half lengthways (if using).
9. Hold the stalk end of each half steady, then run a teaspoon down the cut sides to scoop out the seeds and white pith.
10. Finely chop and sprinkle into the bowl, then wash your hands thoroughly.
11. Using a microplane, finely grate the lemon onto a board, then scatter into the bowl.
12. Drizzle over 2 tablespoons extra virgin olive oil.
13. Pick the rosemary leaves, discarding the stalks, then finely chop and sprinkle into the bowl.
14. Add the cherry tomatoes to the bowl.
15. Using your hands, toss and mix everything together – you can leave to marinade in the fridge at this stage for added flavour.
16. Remove the skewers from the tray, discard the water and wipe the tray dry.

The cost per serving below is generated by Whisk.com and is based on costs in

individual supermarkets. For more information about how we calculate costs per serving read our [FAQS](#)



RECIPE FROM

The Kitchen Garden Project

BY JAMIE OLIVER

17. Divide and thread the ingredients between your skewers – pick whichever ingredients you want, just don't push them too close together otherwise they won't cook properly.
18. Place each one onto the tray.
19. Put the griddle pan on a high heat to warm up (or you could cook them under the grill or on the barbecue).
20. Place the skewers onto the griddle pan and cook for around 8 minutes or until cooked through, turning every 2 minutes to get nice and golden on all sides – you may need to do this in batches.
21. Once cooked, transfer the kebabs to a serving platter and serve with a fresh zingy salad and some rice or flatbreads.

Tips

HOW TO COOK IN AN AIR-FRYER

Place the kebabs in the air-fryer* in a single layer (you may need to cut the skewers to fit) and cook at 200°C for 8 minutes, or until cooked through, turning halfway (you may need to do this in batches). If your air-fryer has a basket rather than shelves, you should turn the skewers over halfway through cooking.

**Tested in a 4.2-litre air-fryer. All air-fryers are different, so results may vary.*