



AUSTRALIAN VEGGIE KEBABS



INGREDIENTS

For the marinade:

2 dessertspoons vegetable oil

2 teaspoons lemon juice

½ teaspoon smoked paprika, garlic granules
and mixed herbs

For the Kebabs:

1 can new potatoes – drained

1 courgette – halved lengthways and thickly sliced

2 peppers – de-seeded and cut into squares

1 red onion – peeled, quartered

For the herb dressing:

100ml low fat **Greek yoghurt**

¼ teaspoon dried mixed herbs

¼ teaspoon dried parsley

small handful mint leaves – torn

EQUIPMENT

mixing bowl, whisk, teaspoon,
chopping board, sharp knife,
wooden kebab skewers, small bowl,
baking tray

MAKES: 8

PREP TIME: 20 minutes

ALLERGENS: milk

COOK TIME: 15-20 minutes

METHOD

- 1 Prepare the vegetables, carefully thread onto the kebab sticks and place on the baking tray.
- 2 In a small mixing bowl, whisk the marinade ingredients together and then brush each kebab with the marinade.
- 3 Bake the kebabs in a pre-heated oven (190°C) for 15-20 minutes until the vegetables are soft and golden brown. Alternatively, cook under the grill (medium heat) for 10-15 minutes (turning over half way through).
- 4 Whilst the kebabs are cooking, mix the yogurt with the herbs to make the dressing.
- 5 Serve the Kebabs with a generous helping of herb dressing and a toasted pitta bread.



CEBAB LLYSIAU AWSTRALIA



CYNHWYSION

Ar gyfer y marinâd:

2 llwy bwdin olew llysiâu

2 llwy de sudd lemwn

½ llwy de o baprica, gronynnau garlleg
a pherlysiâu cymysg

Ar gyfer y cebabau:

1 tun tatws newydd – wedi'u draenio

1 courgette – wedi'i dorri'n ei hanner ar ei hyd a'i
sleisio'n drwchus

2 bupryn – wedi tynnu'r hadau a'u torri'n sgwariau

1 nionyn coch – wedi'i blicio a'i chwarteru

Ar gyfer y dresin perlysiâu:

100ml iogwrt Groegaidd braster is

¼ llwy de o berlysiâu sych

¼ llwy de persli sych

llond llaw fach o ddail mint – wedi'ui rhwygo

OFFER

powlen gymysgu, chwisg, llwy de,
bwrdd torri, cylllell finiog, gweill cebab pren,
powlen fach, hambwrdd pobi

GWNEUD: 8

AMSER PARATOI: 20 munud

ALLERGEDD: Ilaeth

AMSER COGINIO: 15-20 munud

DULL

- 1 Paratowch y llysiâu a'u rhoi ar y gweill cebab ac yna eu rhoi ar yr hambwrdd pobi.
- 2 Mewn powlen fach chwisgwich y cynhwysion ar gyfer y marinâd gyda'i gilydd a'i frwsio dros y cebabs.
- 3 Pobwch y cebabs mewn popty wedi'i gynhesu i 190°C am 15-20 munud nes bod y llysiâu'n feddal ac yn frown euraidd. Fel arall gallwch eu coginio o dan y gril (gwres canolig) nes bod y llysiâu'n feddal ac yn frown euraidd.
- 4 Tra bydd y cebabs yn coginiom cymysgwch y iogwrt gyda'r perslysiâu i wneud y dresin.
- 5 Gweinwch y cebabau gyda digonedd o'r dresin perlysiâu a bara pitta wedi'i dostio.