



Veggie Skewers

4 servings
15 minutes

Ingredients

4 cups Mushrooms (halved)
1 cup Red Onion (chopped)
1 Yellow Capsicum (seeds removed, chopped)
2 tbsps Butter (melted)
4 Barbecue Skewers
Sea Salt & Black Pepper (to taste)

Directions

- 1 Toss the mushrooms, onion and capsicum in a bowl with the oil until well coated.
- 2 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 3 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one skewer with 7 to 8 pieces.

More Flavour: Add your choice of dried herbs or spices.