



RECIPE

ANTI PASTO KEBABS

(Makes 4 Kebabs)

INGREDIENTS

12 cherry tomatoes
1/2 Cucumber
A handful of spinach leaves
8 small cubes of any cheese
2 Rolls of Ciabatta Bread
Jar Black and green pitted olives
1 Red and 1 Yellow pepper
A selection of Black and green grapes
2 Ripe Figs if available
1 Large Orange
Thinly sliced ham or chicken
Slices of Chorizo
Sprig Basil Leaves
1/2 Tablespoon Olive oil
1 Tablespoon Balsamic Vinegar

EQUIPMENT

Kebab Sticks
Knife to cut ingredients if needed
Chopping board
Measuring Spoons
Small pot for dressing
Plates to serve

INSTRUCTIONS

1. Wash all the vegetables and fruit you are going to use.
2. First prepare your chosen ingredients by cutting and chopping into cubes about the size of an ice cube ready to thread onto the kebab stick. Then place them in separate little sections on a plate.
3. Once you have everything ready on the plate start to thread onto your kebab stick by following your final design.
4. Next measure out the olive oil and balsamic vinegar into a small pot and tear some fresh basil leaves in to the pot put the lid on securely and shake to create your dressing to go with your kebab.
5. Cover and refrigerate until your are ready to eat.
6. When ready pour over the dressing and eat straight from the stick!

You can change the flavours by changing the ingredients on your kebab stick.

