

Fruit & Vegetable Kebabs

You will need -

Colander - for washing and draining fruit & vegetables
Chopping Board
Knife and/or Kitchen Scissors
Skewers (wooden or metal)
Bowl - for your food waste

Ingredients -

(you can use any you like, remember to choose lots of different colours, & have a go at trying something new)

Bell Pepper
Mushrooms
Broccoli
Baby Tomatoes
Apples
Bananas

Flavouring -

Ground Cinnamon

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. On a chopping board use the bridge hold to cut a bell pepper in half
2. Remove the stalk and seeds and place in your food waste bowl (keep the seeds to plant later)
3. Place half the pepper flat side down and using the claw grip chop into sections. Alternatively, you could use your kitchen scissors to cut. Make sure they are not too small as you will need to be able to add to your skewer
4. Use the bridge hold to cut your mushrooms into quarters
5. Rip off one of the stalks of broccoli and rip or use a claw grip to cut into sections
6. Repeat step 1 with an apple, continue to use the bridge hold to chop in half and half again
7. Remove the core using the claw grip to cut away
8. Sprinkle some ground cinnamon onto your apple slices to add flavour
9. Peel a banana and use the claw grip to cut into slices
10. Start to add your fruits and vegetables to your skewer, layer as you like, trying to mix flavours, textures and colours

Notes -

Can be eaten raw or cooked - on a BBQ or under a grill

If not eating immediately cover and refrigerate - eat within a day



Find more recipe cards and cook-a-long videos at -
www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme