

Healthy Kebabs

You will need -

Colander - for washing and draining Ingredients
Chopping Board (if using different food groups 1 for each)
Knife and/or Kitchen Scissors (Use different ones for each food group)
Peeler
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
Carrot
Sweet Potato
Halloumi Cheese

Flavouring -

Ground Cinnamon
Dried Parsley

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

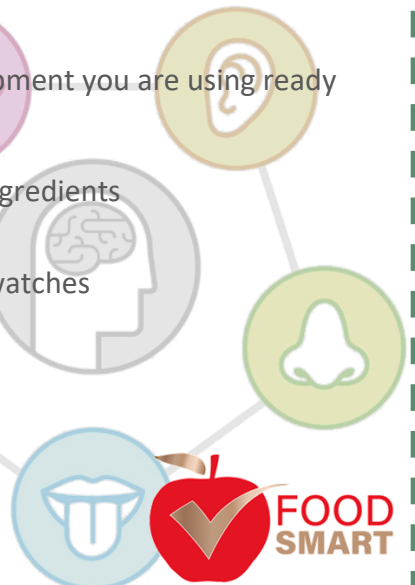
Getting Started -

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 the slices to add flavour
9. Use the claw grip to cut the top and bottom off a carrot
10. Slice the carrot using the claw grip - cut slices in half using the bridge hold if required
11. Chop a sweet potato in half with the bridge hold and place the flat side onto your chopping board
12. Hold the top of the sweet potato and peel down towards the board using the peeler - chop (dice) into sections using the correct method needed
13. Sprinkle with your parsley to season
14. Slice a small amount of halloumi cheese into cubes using the claw grip
15. Add your ingredients to your skewer, layer as you like, trying to mix flavours, textures, colours & food groups
16. Cook on a BBQ or under a grill - length of time will depend on your ingredients and their thickness, keep checking while cooking

Notes -

Other food groups can be added to make a fuller meal such as chicken, beef or meat substitutes
Eat immediately

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