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Frankfurter and veg kebabs

Serves 5

- 1 red pepper, seeded and roughly chopped**
- 1 aubergine, chopped into chunks**
- 1 courgette, thickly sliced**
- 5 frankfurter sausages, chopped**
- 1tbsp olive oil**
- ½ lemon, juice**
- salt and pepper**

- 1 Thread all of the ingredients onto five skewers.
- 2 Mix the olive oil and lemon juice in a bowl and use a pastry brush to brush over each kebab.
- 3 Season and cook the kebabs under a heated grill or on the barbecue until cooked.

Fat	25g	Carbs	32g	Energy	487kcal
Protein	35g	Sodium	.6g	Fibre	0 g



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