



Food For Thought Recipe and Allergen Card Caribbean Vegetable Skewers

30 Portions

Ingredient	Hannah Product Code	Quantity
Onion (diced)		
Mixed Peppers (diced)		
Mushrooms (whole)		
Aubergine (diced)		
Tomato (quartered)		
Courgette (chunks)		
Cajun Seasoning	D000230	Lightly coating
Buffet Skewers	D000698	1 Per Portion
Olive Oil	D001010	To brush before Cooking

RECIPE METHOD – **ALLERGENS**

1. Wash and prepare the vegetables ready for the kebabs
2. Add the vegetables to the skewers, alternating them as you go
3. Brush them with a little olive oil
4. Lightly season with Cajun spice
5. Cook in a hot oven for 10 minutes or until the vegetables are just cooked
6. Serve immediately

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...