Caribbean Vegetable Skewers

Ingredient	10 Portions	50 Portions	100 Portions
Onion (diced)			
Mixed Peppers (diced)			
Mushrooms (whole)			
Aubergine (diced)			
Tomato (quartered)			
Courgette (chunks)			
Cajun Seasoning			
Buffet Skewers			
Olive Oil			

Key Points

It is difficult to add quantities to this recipe as the vegetables will vary in size.

Depending on the school you work in it may be sensible to take the vegetables off the skewer to serve.

Method

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

Allergens None