

INGREDIENTS

1 pack Garden Gourmet mixed vegetable balls

1/3 pineapple, or about 150 g pre-sliced chunks

1 courgette

1 red bell pepper

1 red onion

1 bunch of coriander

Some salt

Some pepper

5 Spanish red peppers (for sauce)

3 cloves of garlic (for sauce)

1 tbsp freshly grated ginger (for sauce)

50 ml rice vinegar (for sauce)

200 ml water (for sauce)

150 g sugar (for sauce)

1 tbsp potato starch (for sauce)



5 SERVINGS



EASY

This is the perfect BBQ recipe if you love the combination of spicy and sweet, made with delectable Garden Gourmet mixed vegetable balls. Tasty, plant-based and done in 15 minutes. Try it out, with the chili sauce recipe included!

PREPARATION

1. Chop veggies

Cut the pineapple, zucchini, red onion and bell pepper into pieces that you can easily thread on a skewer.

2. Assemble the skewers

Thread alternately 3 pieces of each vegetable, pineapple and mixed vegetable balls onto each skewer. Keep them covered in plastic wrap in the refrigerator

3. Prepare ingredients for sauce

Peel the garlic. Cut the chili in half and remove half of the seeds (if you like it spicy, leave it all). Place the garlic, chili and ginger in a food processor or in a tall blender jar, for a stick blender and grind until fine.

4. Make the sauce

Bring the water, sugar, vinegar and a little salt to the boil in a saucepan and add ground chili pepper mixture. Mix the starch with some water and add it to the hot mixture while stirring. Bring to a boil, stirring gently until the mixture thickens, and let cool. If desired, add extra fresh ginger and/or rice vinegar. Pour the sauce into a bottle and store in the refrigerator.

5. Grill, serve, enjoy!

Coat the grid with some oil. Grill the skewers on the BBQ, serve with the salsa and garnish with extra coriander

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