



Pineapple and Halloumi Kebabs



Serves
4



Prep
15 minutes



Cooking
8 minutes



These kebabs make a great vegetarian option for a summer barbecue.

Cooks Tips:

Make sure that you cut the vegetables and cheese into chunks that are roughly the same size as the pineapple pieces.

Why not try serving in warm pitta pockets? Once cooked, simply slide off the sticks into the warmed bread, stuffed with a few fresh salad leaves.

Prepare the vegetables ahead of time and keep covered and chilled until ready for threading

	Calories	Sugars	Fat	Saturated Fat	Salt
220g	339	9.3g	26g	11g	1.9g
RI%	17%	10%	17%	55%	32%

Ingredients

- 1 x 432g can Princes Pineapple Chunks with Juice
- 225g pack halloumi cheese, cut into chunks
- 1 large courgette, cut into chunks
- 1 large red pepper, cut into chunks
- 8 cherry tomatoes
- 4tbsp olive oil
- 2tbsp lemon juice
- 2tbsp finely chopped fresh parsley or chives
- Salt and freshly ground black pepper

Method

1. Drain the can of pineapple chunks.
2. Take 8 wooden kebab sticks and thread the pieces of pineapple onto them with the halloumi, courgette, red pepper and cherry tomatoes. Brush them with a little olive oil.
3. Mix the remaining olive oil with the lemon juice and parsley or chives. Season to taste with salt and pepper.
4. Preheat the barbecue or grill, then cook the kebabs for 6-8 minutes, turning often. Serve with the dressing.



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