



# Grilled Vegetables with Zesty Herb Dressing

**Serves 8**

**What you need to do**

**Vegetables:**

2 red bell peppers, cut into chunks  
2 yellow bell peppers, cut into chunks  
2 red onions, cut into chunks  
1 aubergine, cut into chunks  
2 courgettes, cut into chunks  
7 oz. (200g) button mushrooms  
4 tbsp. olive oil  
salt & black pepper

Place all the dressing ingredients in a jar and shake to combine. Set aside.

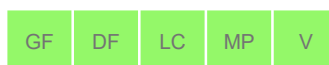
Thread the vegetables onto 8 metal or soaked bamboo skewers. Brush the vegetables with the olive oil and season with salt and pepper.

Heat the barbecue/grill on high and cook the skewers for 4-6 minutes until tender, with crisp, charred edges. Drizzle the vegetables with the dressing and serve.

**Dressing:**

4 tbsp. lemon juice  
4 tbsp. olive oil  
1 tsp. honey  
2 garlic cloves, minced  
½ tsp. salt  
½ tsp. black pepper  
½ tsp. dried basil  
½ tsp. dried parsley  
½ tsp. dried oregano  
½ tsp. dried thyme  
½-1 tsp. red pepper flakes, to taste

**Serving Suggestion:** Pineapple-Glazed Grilled Pork Chops



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	120	7	13	3	4

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