

Three Meat Kebab with Barbecue Sauce



Ingredients

- 450g (1lb) lean beef, lamb, pork, cubed
- (Suitable cuts: Beef - Sirloin, rump steaks. Lamb - Neck fillet, double loin or leg steaks. Pork - Tenderloin, loin, leg or shoulder steaks.)
- Pepper chunks
- Courgette slices
- Bayleaf

Barbecue Sauce

- 1 clove garlic, crushed
- 5 x 15ml sp (5tbsp) tomato ketchup
- 2 x 15ml sp (2tbsp) Worcestershire sauce
- 1 x 2.5ml sp (½tsp) English mustard
- Salt and black pepper
- For a sweeter barbecue sauce, add 1 x 15ml sp (1tbsp) clear honey.

Method

1. Thread the meat and vegetables onto skewers.
2. Cook under a preheated grill or barbecue for approximately 15-20 minutes, turning occasionally.
3. Meanwhile, in a small bowl, mix together all the barbecue sauce ingredients and serve as a dipping sauce for the kebabs.
4. (Alternatively, use the barbecue sauce as a marinade or glaze.)
5. Serve the kebabs with crusty bread, jacket potatoes and mixed salad.

Serves 2-4 (makes approx. 4 kebabs)

Cooking time: Approximately 15-20 minutes

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