

## **FATE VEGETABLE SHASHLIK**

*This recipe originates in China, but often seen on the menu in Indian restaurants. A skewer of fresh vegetables which are first marinated in a mixture of spices and fresh coriander. This gives the vegetables a deep and aromatic spicy taste. Traditionally they are cooked in a fiercely hot oven or Tandoor, but I have found they are great cooked in a preheated panini or sandwich machine. This will cook the vegetables very quickly, they will not be overcooked, but they will blacken on the outside to give a fantastic flavour. Serve with Fate Coriander and Garlic Naan breads and a little Fate Mint Raita. If you don't have a Panini machine, use a preheated grill or hot oven.*

### **Ingredients**

#### **For 2 large skewers:**

- ½ red pepper, cut into 4 pieces
- ½ green pepper, cut into 4 pieces
- 1 medium onion, cut into 4 pieces
- 4 small florets of cauliflower (leave a little bit of stalk on)
- 4 mushrooms, left whole
- 2 large tomatoes cut into halves
- 1 tsp grated fresh ginger
- ½ clove garlic, grated or chopped
- 1 tsp paprika
- ½ tsp ground cumin
- ½ tsp turmeric powder
- ½ - 1 tsp chopped fresh chilli
- 2 large tsp ground coriander
- 1 tbsp fresh chopped coriander
- 2 tbsp oil

## Methods:

1. Place the pieces of red and green pepper into a bowl. Add the onion, cauliflower, mushrooms. Add two halves of tomato.
2. In a separate dish, place the grated ginger, garlic, paprika, cumin, turmeric, chilli, fresh coriander and ground coriander. Stir well. Add the oil. Use a coarse cheese grater to grate the remaining two halves of the tomatoes. Just press the cut side onto the grater and grate the flesh until you reach the skin. Discard the skin. Stir the mixture until well blended.
3. Pour the spicy mixture onto the vegetables and mix well to coat. Cover the bowl tightly with cling film. If you have time, leave to marinade for at least an hour, preferably longer, even overnight.
4. If you are using a Panini sandwich machine, preheat this, or else preheat your grill.
5. Take two skewers and skewer the vegetables on. Take a piece of foil a little larger than the skewers and place the skewers on. Bring the sides of the foil up a little so that any juice from the vegetables is caught. Spoon on the marinade.
6. When the machine or grill is hot, cook the skewers until the vegetables are cooked but not too soft. They will blacken a little, which will taste really good.
7. Serve hot with Fate Naan bread and Fate Mint Raita.

This recipe was provided by Fate low protein foods