

Vegetable Kebabs on Lemon Rice

Ingredients

Marinade

2 tablespoons clear honey

¼ teaspoon English mustard powder

3 tablespoons olive oil

2 tablespoons red wine vinegar

Salt and freshly ground black pepper, to taste

Kebabs

75g/3oz aubergine, cut into 12 bite size pieces

4 shallots (approx. 75g/3oz), trimmed, peeled and halved

100g/4oz courgette, trimmed and cut into 8 bite size pieces

8 (approx. 50g/2oz) cherry tomatoes

8 (approx. 50g/2oz) button mushrooms

150g/6oz Loprofin Low Protein Rice

1 tablespoon cooking oil

1 teaspoon salt

2 teaspoons finely grated lemon rind

Method

1. Place all the marinade ingredients in a large bowl, whisk together with a fork until thoroughly blended.
2. Toss the prepared vegetables in the marinade and leave for at least 1 hour to marinate.
3. Soak 4 wooden barbecue skewers in cold water while the vegetables are marinating, dry with kitchen paper.
4. Fill a large saucepan with water until it is three quarters full, bring to the boil, add the Loprofin Rice, 1 tablespoon oil and 1 teaspoon of salt to the pan. Return to the boil, stirring.
5. Reduce the heat slightly and cook for 10 minutes. Stir occasionally during cooking to prevent the rice sticking together.
6. Drain the rice thoroughly and transfer to a bowl, stir in the lemon rind until the rice is lightly coloured, keep hot.
7. Thread a mixture of the marinated vegetables onto the skewers and place under a pre-heated grill for 5-7 minutes, until cooked. Turn occasionally during cooking and brush with excess marinade, to moisten the vegetables whilst cooking.
8. To serve, spoon the lemon rice onto warmed serving plates and top with the cooked kebabs.

