

Fresh for Kids® vegetable kebabs with pork, honey & soy



SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

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Ingredients:

16 button mushrooms, trimmed
1 tbs olive oil
½ cup reduced salt soy sauce
2 tbs honey
400g pork fillets, cut into
1cm-thick pieces
3 small zucchini, cut into
2cm-thick slices
250g cherry tomatoes
1 tbs sesame seeds (optional)
crusty bread or steamed brown
rice, to serve

HEALTH BENEFITS:

Mushrooms

- Provide at least six of the eight members of the B complex group of vitamins, including thiamin (B1), riboflavin (B2), niacin (B3) and folate. B1, B2 and B3 are essential in the chemical reactions, which allow the body to use the energy from proteins, fats and carbohydrates. Folate has a special role in the early stages of pregnancy and has heart health benefits at all ages.

Method:

1. Soak 8 x 25cm bamboo skewers in cold water for 20 minutes. Drain.
2. Meanwhile, place mushrooms in a single layer in a shallow dish. Combine oil, soy sauce and honey in a jug. Pour half the soy marinade over mushrooms and toss to coat in marinade. Cover and stand, turning occasionally, for 20 minutes.
3. Thread pork, zucchini, tomatoes and mushrooms alternately onto skewers. Place into a shallow dish. Pour remaining soy marinade over kebabs and turn to coat in marinade. Set aside for 10 minutes (or longer if time permits).
4. Preheat a greased barbecue plate or large frying pan over medium-high heat. Sprinkle kebabs with sesame seeds, if using. Cook kebabs for 10 minutes, turning often, until cooked through. Serve with crusty bread rolls or steamed brown rice, if desired.

Serves: family of 4

Preparation: 20 minutes
(+ marinating time)

Cooking: 10 minutes

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