

# Meat & Veg Kebabs



## Ingredients

- 1 zucchini
- 400g tin of pineapple
- 300g meat (e.g. kangaroo)
- 1 red capsicum
- 2 tbsp sweet chilli sauce
- 2 tbsp soy sauce
- spray oil (canola or olive oil)

## Equipment

- Chopping board
- Platters
- Knives
- Skewers
- Fork
- Tablespoon
- Frypan,
- Tongs
- Can opener
- Shallow dish



# How to make it



1. Fill shallow dish with water. Place bamboo skewers into water. Cut zucchini, pineapple & capsicum into small bite-size pieces.



2. On a separate chopping board cut meat into bitesize pieces.



3. Thread zucchini, capsicum, meat and pineapple onto skewers.



4. Put sweet chilli and soy sauce into a shallow dish and mix together to combine. Cover the kebabs in sauce by rolling them in the dish.



5. Lightly spray frypan with oil. Place kebabs in the frypan. Keep turning kebabs until meat is cooked through and vegetables are soft.



**nom!**

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