

# Meat and Veg BBQ Skewers

- 3 cups of your favourite mixed veggies (e.g. onions, mushrooms, eggplant, zucchini, capsicum)
- 300g of chosen meat (e.g. chicken, beef, lamb) cubed or in chunks
- 12 skewers

## Marinade

- 2 tbsp wholegrain mustard
- 2 tbsp sweet chilli sauce
- 1 tbsp soy sauce

- Preheat barbeque or grill plate to medium-high heat
- Cut vegetables and meat into bite sized pieces
- Thread veggies and meat onto skewers (if using wooden soak for 30 mins in cold water)
- Combine marinade ingredients in a bowl and brush the skewers with the marinade.
- Barbeque for 10-15 mins, turning regularly. Cooking time will depend of size of meat pieces.

**Our Cheetah love their meat!**

