



SUMMER SIZZLERS

Healthy barbecue bites



**Hybu
Iechyd
Cymru**
Health
Promotion
Wales

BREAKFAST BRUSCHETTA

Serves 4

- 30ml (2 tbsp) olive oil
- 30ml (2 tbsp) parsley, very finely chopped
- 1 garlic clove, crushed (optional)
- 1 ciabatta loaf, split and each half cut into 2 pieces
- 2 x 100g unsmoked bacon chops, trimmed
- 30 cherry tomatoes
- 20 button mushrooms
- black pepper
- 5 ml (1 tsp) clear honey
- parsley to garnish



Method

1. Mix together the olive oil, parsley and garlic and use half to brush over the bread.
2. Cook the bacon chops on the barbecue for approximately 3 - 4 minutes on each side until cooked through.
3. Remove from the barbecue and cut into strips.
4. Thread alternate tomatoes and mushrooms on to 4 thin skewers and brush with remaining oil mixture. Barbecue for 5 - 6 minutes, turning frequently.
5. Lightly toast the ciabatta on the barbecue.
6. To serve, place the ciabatta on four serving plates and top with the tomatoes, mushrooms and bacon.
7. Season with black pepper, garnish with parsley and a drizzle of honey. Serve with a poached egg.

TANDOORI CHICKEN KEBABS WITH CUCUMBER & MINT CHUTNEY

Serves 4

- 2 large boneless chicken breasts, cubed
- 45ml (3 tbsp) natural yoghurt
- 15ml (1 tbsp) tandoori paste
- 15ml (1 tbsp) lime juice
- 15ml (1 tbsp) fresh coriander, chopped
- 2 small red onions, peeled and quartered
- 1 mango, peeled and cubed

Chutney

- 1/2 small cucumber, halved lengthways, seeds removed and sliced
- 1 green chilli, chopped finely
- 10ml (2 tsp) fresh mint, chopped
- 10ml (2 tsp) olive oil
- 10ml (2 tsp) white wine vinegar
- black pepper



To Serve

- 8 plain chappattis
- salad leaves

Method

1. Mix together the yoghurt, tandoori paste, lime juice and coriander. Add the chicken, and mix well. Chill for 1-2 hours.
2. For the chutney, mix together the cucumber, chilli, mint, olive oil and vinegar. Season with black pepper.
3. Thread alternate mango, onion and chicken on to wooden skewers. Cook on the barbecue for 8-10 minutes until the chicken is cooked through.
4. Heat the chappattis. To serve, place a chappatti on a plate, top with lettuce, a kebab and chutney.

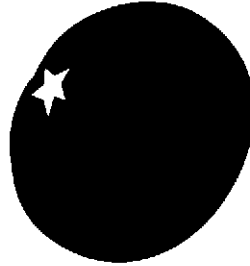
MINTED LAMB ESCALOPES IN PITTA POCKETS

Serves 4

- 4 x 175g (6ozs) lean escalopes of lamb
- black pepper
- 150g (5oz) carton low fat Greek yoghurt
- 2 garlic cloves, crushed
- 45ml (3 tbsp) fresh mint, chopped
- 15ml (1tbsp) lemon juice
- 15ml (1tbsp) coriander seeds, crushed

To serve

- 1 bunch mixed lettuce leaves
- 1 small red onion, peeled and sliced
- 1 tomato, sliced
- 1 lemon, cut into wedges
- 2 wholemeal pitta breads, halved and warmed



Method

1. Place the lamb in a shallow dish and season with black pepper.
2. Mix together the yoghurt, garlic, mint, lemon juice and coriander and spoon over the lamb. Cover, chill and leave to marinate for 1-2 hours.
3. Barbecue for approximately 5 minutes on each side, until golden brown and cooked through.
4. Arrange the mixed lettuce leaves, onions and tomatoes in a warmed pitta bread. Serve with lemon wedges.

MUSTARD STEAKS WITH BEETROOT & HORSERADISH SALSA

Serves 4

4 x 175g (6oz) fillet steaks (or sirloin)
10ml (2tsp) wholegrain mustard
10ml (2tsp) olive-oil
1 garlic clove, crushed
125g (4oz) fresh baby spinach leaves, washed
15ml (1tbsp) lemon juice
black pepper



Salsa

2 small beetroot, cooked and cut into small cubes
1 apple, cored and cut into small cubes
5ml (1tsp) horseradish cream

To serve

2 - 4 large, round, wholemeal rolls each cut in half

Method

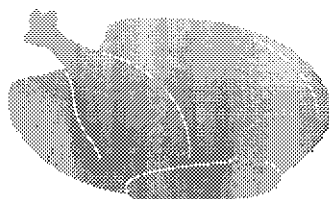
1. Place the steaks in a shallow dish. Mix together the mustard, oil and garlic. Spread half the mixture over one side of each steak.
2. Place the steaks on a hot barbecue and cook for 4 - 5 minutes according to taste. Turn over and spread with remaining mustard and cook for a further 5 minutes.
3. Place the spinach in a small bowl and mix with the lemon juice.
4. In a small bowl, mix together the salsa ingredients.
5. Toast the bread rolls, lightly, on the barbecue.
6. To serve, place on open toasted rolls on four serving plates. Top with the spinach and steak, serve with the salsa and a mixed salad.

MEDITERRANEAN CHICKEN WITH ROASTED VEGETABLES



Serves 4

- 2 large boneless chicken breasts, skinned.
- 30ml (2 tbsp) fresh pesto sauce
- 15ml (1 tbsp) white wine
- 15ml (1 tbsp) olive oil
- 2 garlic cloves, crushed
- 8 basil leaves, chopped finely
- 1 x 400g (14oz) can artichoke hearts in brine, drained
- 8 fresh plum tomatoes, quartered
- 2 red onions, peeled and quartered
- 10 pitted black olives
- black pepper



Method

1. Cut slits in the chicken and place in a shallow dish.
2. Mix together the pesto and wine and spoon over the chicken. Leave to marinate for 1 - 2 hours.
3. Mix together the oil, garlic and basil in a large bowl.
4. Add the vegetables and coat with the oil mixture. Leave to marinate for 30 minutes or longer.
5. Barbecue the chicken for approximately 15 minutes, basting frequently with the marinade, until cooked through.
6. Meanwhile, barbecue the vegetables for 6 - 8 minutes until lightly chargrilled.
7. Remove the chicken and cut into slices.
8. Place the vegetables in a serving dish. Add the chicken and olives. Season well with black pepper and serve with a green salad.

SALAD NIÇOISE

Serves 4

- 2 x 175g (6oz) fresh tuna steaks
- 5ml (1 tsp) olive oil
- black pepper
- 175g (6oz) fine green beans, blanched and refreshed
- 4 tomatoes, quartered
- 1 bunch of salad leaves
- 1 red onion, peeled and sliced
- 2 eggs, hard-boiled, shells removed and cut into quarters
- 6 - 8 black olives



Dressing

- 45ml (3 tbsp) extra virgin olive oil
- 15ml (1 tbsp) lemon juice
- 1 clove garlic, crushed
- 3 sun-dried tomatoes, soaked according to packet instructions, and chopped finely
- 8 basil leaves, chopped finely
- salt & pepper

Garnish

flat leaf parsley

Method

1. Brush the tuna with olive oil and season with black pepper.
2. Barbecue for about 7 minutes on each side, until firm and cooked through. Cool and cut into cubes.
3. Place the beans, tomatoes, salad leaves and onion in a large bowl and toss lightly.
4. Add the eggs, olives and tuna.
5. Combine the dressing ingredients in a small bowl and mix.
6. Pour over the salad and sprinkle with parsley. Serve immediately.

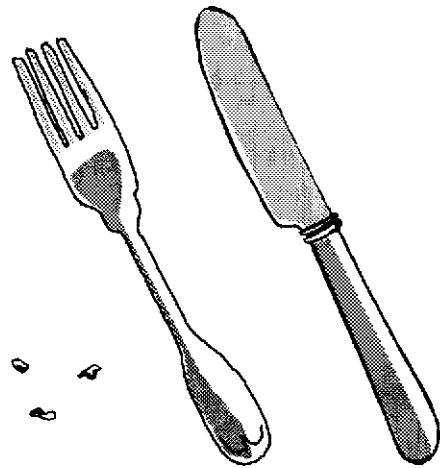
SALMON & MONKFISH KEBABS WITH MEXICAN SALSA

Serves 4

- 175g (6oz) salmon fillet, cut into 2.5cm (1 inch) cubes
- 175g (6oz) monkfish tail, cut into 2.5cm (1 inch) cubes
- 15ml (1tbsp) fresh lime juice
- 5ml (1tsp) fresh lime rind
- 30ml (2 tbsp) fresh coriander, chopped finely
- 1 red chilli, chopped finely
- 15ml (1 tbsp) olive oil

Salsa

- 4 tomatoes, skinned, deseeded and chopped finely
- 15ml (1 tbsp) fresh lime juice
- 1 red chilli, chopped finely
- 1 small avocado, peeled and chopped
- 1/2 red onion, chopped finely
- 15ml (1 tbsp) fresh coriander, chopped
- black pepper
- 1 x 200ml (7fl oz) carton half fat crème fraiche
- 8 large soft tortillas, warmed on the barbecue



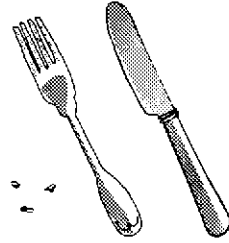
Method

1. Place the salmon and monkfish in a bowl. Add the lime juice, rind, coriander, chilli and olive oil. Mix well and leave to marinade for 15 minutes.
2. In a small bowl mix together the tomatoes, lime juice, chilli, avocado, onion and coriander. Season with black pepper.
3. Thread alternate cubes of salmon and monkfish onto 4 skewers. Barbecue for 4 - 6 minutes, basting frequently with the marinade.
4. To serve, place the fish in the centre of a warmed tortilla. Top with a spoonful of salsa, crème fraiche and a squeeze of lime. Roll up and serve.

SALMON WITH ROASTED PEPPER SALAD

Serves 4

- 2 large red peppers, deseeded and quartered
- 2 large yellow peppers, deseeded and quartered
- 30ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 15ml (1 tbsp) balsamic vinegar
- 8 basil leaves, roughly torn
- 4 x 125g (4 oz) sewin or salmon fillets
- 15ml (1 tbsp) olive oil
- 5ml (1 tsp) lemon rind
- 8 black peppercorns, crushed
- 1 ciabatta or french baguette, cut into thin slices
- 1 garlic clove, peeled and cut in half
- salad leaves



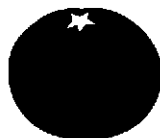
Method

1. Place the peppers on a plate and brush with a little olive oil. Barbecue for 10-12 minutes until soft and chargrilled. Cool and remove the skin.
2. Place the peppers in a bowl with the garlic, vinegar, basil and remaining olive oil. Leave to marinate for a few minutes.
3. Place the sewin/salmon in a shallow dish, brush with the oil and add the lemon rind and pepper. Barbecue for 6 - 8 minutes until cooked through. Baste occasionally.
4. Brush the bread with the remaining oil and toast lightly. To serve, rub the bread with the cut garlic and top with the roasted peppers. Arrange on a plate with the sewin/salmon and salad leaves.

SPICY PRAWNS WITH CHINESE STYLE NOODLES

Serves 4

- 16 - 20 raw tiger prawns
- 10ml (2 tsp) clear honey
- 10ml (2 tsp) light soy sauce
- 1 garlic clove, crushed
- 5ml (1 tsp) ground Chinese five spice
- 10ml (2 tsp) sesame oil
- 15ml (1 tbsp) soy sauce
- 15ml (1 tbsp) chilli sauce
- 1 red pepper, deseeded and cubed
- 1 green pepper, deseeded and cubed
- 10 whole baby sweetcorn
- 1 spring onions, chopped
- 1 x 250g packet thread egg noodles, cooked according to instructions on packet
- 1 fresh lime, cut into wedges
- coriander leaves



Method

1. Divide the prawns between 8 wooden kebab skewers and place in a shallow dish.
2. Mix together the honey, soy sauce and garlic.
3. Brush the prawns with the honey mixture and dust with the ground Chinese five spice. Leave to marinate for 15 minutes.
4. Meanwhile, mix together the sesame oil, soy sauce and chilli sauce. Add the peppers and sweetcorn and mix well. Barbecue for approximately 10 minutes, basting frequently with the marinade.
5. Barbecue the prawns for about 5 minutes on each side until the flesh is white and firm.
6. Mix together the noodles, vegetables and spring onions.
7. Arrange the prawn skewers on a plate and serve with the noodles. Garnish with wedges of lime and some coriander leaves.

GRILLED VEGETABLE RICE SALAD

Serves 4

60ml (4 tbsp) olive oil
2 garlic cloves, crushed
15ml (1 tbsp) chives, chopped finely
15ml (1 tbsp) parsley, chopped finely
10ml (2 tsp) wholegrain mustard
10ml (2 tsp) clear honey
30ml (2 tbsp) lemon juice
1 aubergine, sliced lengthways
5 fresh plum tomatoes, halved
8 asparagus spears, trimmed
125g (4 oz) long grain brown rice, cooked
black pepper



Method

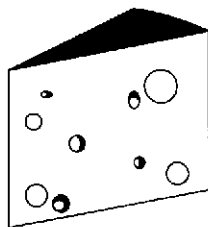
1. Mix together the olive oil, garlic, chives, parsley, mustard, honey and lemon juice.
2. Add the vegetables and mix well.
3. Barbecue the vegetables for approximately 8 minutes until soft and slightly chargrilled.
4. Place the rice in a serving dish. Add the vegetables, the remainder of the marinade and mix together.
5. Season with black pepper and serve.



LEMON & THYME ROASTED VEGETABLES & CHEESE KEBABS

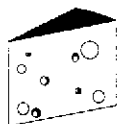
Serves 4

- 60ml (4 tbsp) olive oil
- 15ml (1 tbsp) fresh lemon juice
- 5ml (1tsp) fresh lemon rind
- 30 ml (2 tbsp) fresh thyme, chopped finely
- 5ml (1 tsp) clear honey
- 175g (6oz) halloumi cheese, cubed
- 1/4 fresh pineapple, peeled and cubed
- 2 red onions, peeled and quartered
- 1 red pepper, seeded and cubed
- 4 wholemeal pitta bread, warmed
- salad leaves to serve



Method

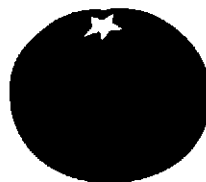
1. Mix together the olive oil, lemon juice, lemon rind, thyme and honey in a large bowl.
2. Add the cheese, pineapple, onions and pepper and mix well. Leave to marinate for 30 minutes.
3. Thread alternatively cheese, pineapple, onions and pepper on to 4 skewers.
4. Barbecue for approximately 5 minutes, basting with the marinade and turning frequently, until lightly chargrilled.
5. Serve with warmed pitta bread and a green salad.



BARBECUED VEGETABLES WITH A TOMATO DIPPING SAUCE

Serves 4


45ml (3 tbsp) olive oil
45ml (3 tbsp) soy sauce
4 garlic cloves, crushed
45ml (3 tbsp) parsley, finely chopped
10 open cup mushrooms
10 baby sweetcorn
2 red onions, peeled and quartered
1 red pepper, deseeded and quartered
10 new potatoes, cooked
1 fennel, quartered
1 courgette, cut into ovals



Sauce

225g (8oz) vine ripened tomatoes
15ml (1 tbsp) balsamic vinegar
3 sun-dried tomatoes, soaked according to packet instructions and chopped
15ml (1 tbsp) olive oil
30ml (2 tbsp) fresh basil, roughly chopped

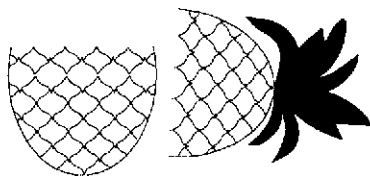
Method

1. In a large bowl mix together the olive oil, soy sauce, garlic and parsley.
2. Add the vegetables and marinate for 30 minutes.
3. Barbecue the vegetables for about 6 minutes until slightly chargrilled. Baste frequently.
4. Meanwhile, place all the sauce ingredients in a food processor to combine. 
5. To serve, arrange the vegetables on a large plate. Place the sauce in a separate bowl and serve together with crusty bread.

SAVOURY BARBECUED FRUIT WITH GOAT'S CHEESE

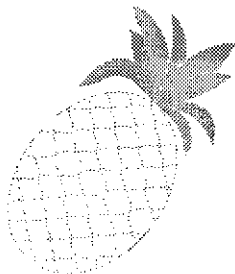
Serves 4

- 15ml (1 tbsp) clear honey
- 15ml (1 tbsp) wholegrain mustard
- 15ml (1 tbsp) balsamic vinegar
- 6 nectarines, cut in half and stone removed
- 1/2 pineapple, cut into slices and each slice into quarters
- 4 ripe apricots, cut in half and stone removed
- 8 large strawberries
- 1 whole goat's cheese
- 4 slices granary bread



Method

1. Mix together the honey, mustard and vinegar and use to brush the fruit.
2. Cook the fruit on a hot barbecue for approximately 6 minutes, until tender.
3. Lightly barbecue the goats cheese.
4. Lightly toast the bread and cut into triangles.
5. Arrange the fruit, cheese and bread on a large plate.
Serve as a starter or a sweet.



HOT FRUIT PARCELS

Serves 4

- 1 large mango, peeled and cubed
- 1/2 ripe pineapple, peeled and cubed
- 2 bananas, sliced
- 3 peaches, stones removed and sliced
- 15ml (1 tbsp) rum
- 15ml (1 tbsp) fresh lime juice
- 10ml (2 tsp) muscovado sugar
- 60ml (4 tbsp) low fat crème fraîche
- 5ml (1tsp) ground cinnamon

Method

1. In a large bowl mix together the pineapple, bananas, peaches, rum, lime juice and sugar.
2. Divide the fruit mixture between four large squares of foil. Bring the corners together to make four sealed parcels.
3. Cook the parcels in a hot barbecue for 6-8 minutes, until the fruit is cooked.
4. In a small bowl, mix together the crème fraîche and cinnamon.
5. To serve, allow each person to open the fruit parcel and top with a spoonful of cinnamon crème fraîche.



Barbecue and barbecue equipment kindly supplied by Do It All.

COOKING NOTES

