



# PAUL THOMPSON EVENTS

EST. 2011



## **'Valley Grown Salads' Pepper, Onion & Courgette Kebabs on a Rosemary Skewer with a 'Purely Pesto' Dressing**

### **Ingredients**

Valley Grown Salads pepper, quartered, de-seeded and cut into inch chunks  
Valley Grown Salads red onion, peeled, halved and cut into 8  
Valley Grown Salads courgette, topped and tailed, cut in half lengthways and into 2cm discs  
8 Rosemary sticks, the woodier the better  
Salt and Pepper  
Hillfarm rapeseed oil (or olive oil)  
Pot of Purely Pesto basil pesto

Preparation time 5 mins • Cooking time 10 mins • Serves 4 people

### **Method**

Strip the leaves off three quarters of the rosemary and cut the end of the stalk at an angle to form a sharp point.

Use the point to skewer the onion, pepper and courgette onto the stick. Season with salt and pepper and then place under a grill with a drizzle of oil for approximately 5 minutes either side until the vegetables start to soften and caramelise on the outside. Alternatively place on a barbecue, turning regularly for a similar time.

Remove the rosemary vegetable skewers onto a plate and drizzle with a generous spoon of Purely Pesto basil pesto and serve.