



Barbecues

Starter- Asparagus and Prosciutto with Lemon Mayonaise

Ingredients

Half cup mayo
1tbsp orange juice
1 teaspoon lemon juice
Half tsp lemon zest
Pinch of cayenne pepper

Wrap asparagus and prosciutto, brush with olive oil and grill for 2 mins each side

Main course- Chicken skewers for 4 people

1 tsp ground coriander
2 tsp lemon juice
4 tbsp natural yoghurt
1 lemon
2 tbsp chopped fresh coriander
Salt and Pepper
Oil for brushing

Marinate chicken in 4 tbsp yoghurt, ground coriander and lemon juice

for a minimum of one hour. Skewer onto soaked wooden skewers grill for 4/5 mins each side.

This is your dip

In the meantime with the rest of yoghurt, add chopped fresh coriander and juice of one lemon.

Roast vegetables

Peppers, sweets potatoes onions coriander, aubergine, courgette cut into pieces drizzle with olive oil and roast for 20m minutes.

Dressing - equal quantities of extra virgin olive oil, brown sugar and balsamic vinegar shake in a jar and there's your dressing.