

# BBQ Pizza Kebabs: 3pm 31/05/2020

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## Ingredients:

**450g beef rump steak**  
**200g dough balls**  
**2 courgettes**  
**1 aubergine**  
**8 cherry tomatoes**  
**8 button mushrooms**  
**2 red onions**  
**50g BBQ Buddy rub**  
**8 kebab sticks (soak in water for 30 mins)**  
**1 zip-lock bag**  
**200mls apple juice**  
**Bowl healthy salad**

## Method:

1. Remove any fat and cut the steak into 2cm squares. Coat with BBQ Buddy rub or a seasoning of your choice. Place in a zip-lock bag.
2. Cut up the vegetables into chunky bite size pieces.
3. Assemble all the items on the skewers.
4. Place on a medium heat BBQ and grill for 8-10 minutes turning occasionally.
5. Fill a garden sprayer with the apple juice. Spray the kebabs every 2-3 minutes.
6. Serve the kebabs on a healthy bed of salad.

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