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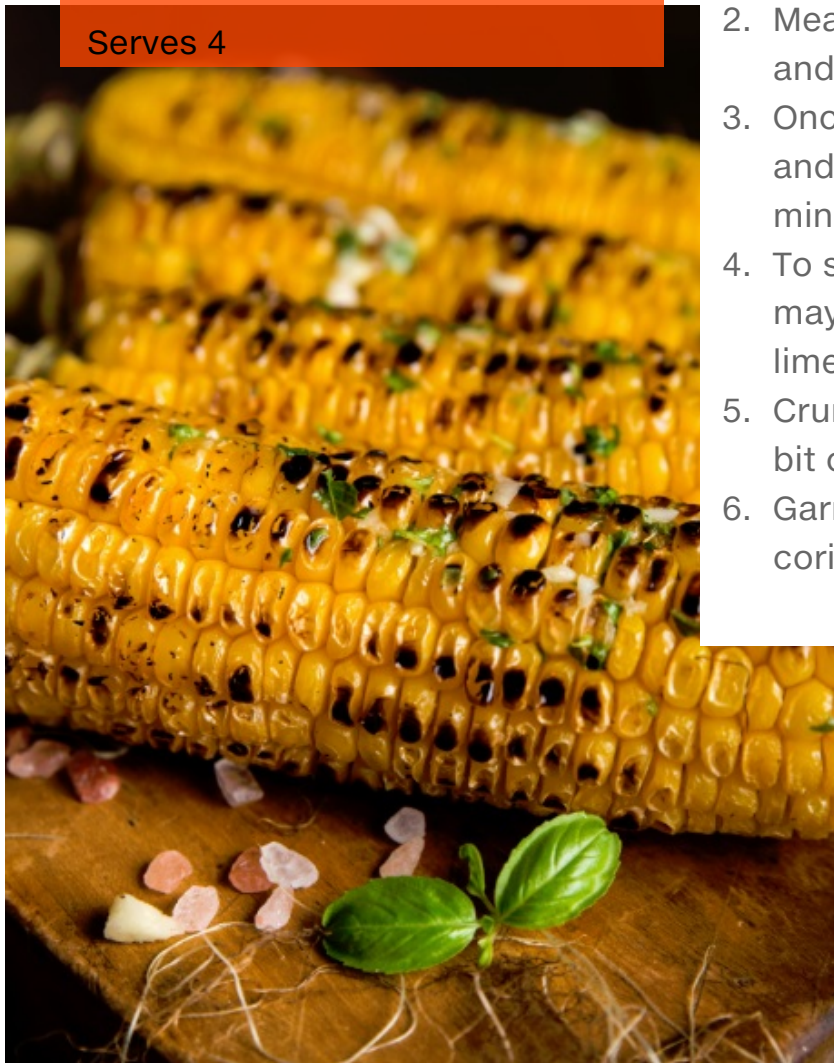
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DELICIOUS
VEGGIE
RECIPES
FOR YOUR
BBQ

Try out these tasty
vegetarian dishes at home!

MEXICAN CORN ON THE COB

A twist on the traditional BBQ classic. Cheesy, chargrilled sweetcorn with a spicy kick!

Serves 4



4 sweetcorn cobs

65g Mayonnaise

30g Feta

Chilli powder

Juice and zest of half a lime

Coriander, chopped

1. Wrap corn cob in foil and bake in the oven for 35 minutes at 200°C.
2. Meanwhile mix together the mayo and Sriracha and set aside.
3. Once done, removing from the foil and grill on the BBQ for 5-10 minutes in order to char slightly.
4. To serve, brush the corn with the mayo mixture then top with some lime zest and juice.
5. Crumble over the feta and shake a bit of chilli powder on top.
6. Garnish with the chopped coriander and tuck in!

GRILLED AVOCADO WITH HARISSA HUMMUS

Avocado is extremely popular right now so you may of tried avocado on toast, but this grilled dish is a perfect healthy dish to cook on your barbecue!

Serves 8

4 avocados

2 lemons

olive oil

flatbreads warmed to serve

chickpeas 400g, rinsed and drained

tahini 50g

1 tsp ground cumin, chilli powder

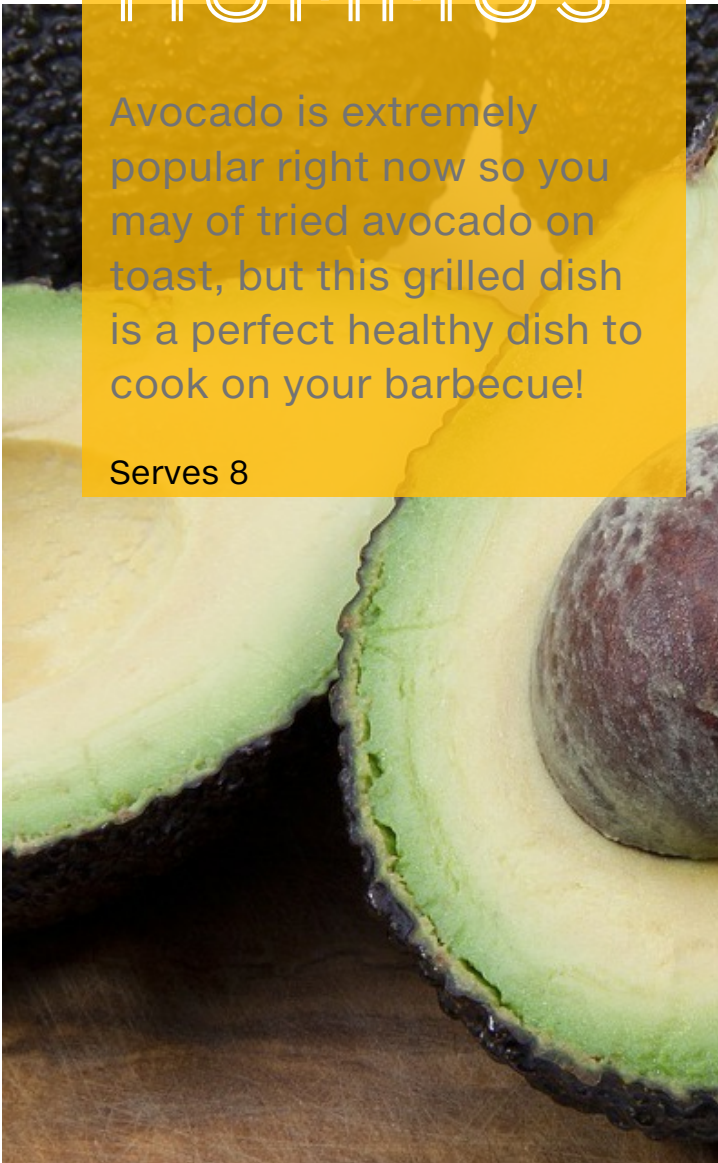
coriander chopped to make 2 tbsp, plus more to serve

harissa 2 tbsp plus more to serve

8 tbsp greek yogurt

Method

1. Put chickpeas into a blender with the 50g tahini, cumin, chilli and 3 tbsp lemon juice and whizz to a smooth purée. Season with a good pinch of salt. Stir in the coriander, harissa, Cover and chill.
2. Mix yogurt, remaining lemon juice, garlic and season.
3. Slice avocados in half, remove stone and brush with olive oil. Season with salt and pepper and put onto the grill. Leave 2-3 minutes. Spoon the harissa hummus into the middles, then drizzle over the tahini yogurt.



GREEK VEGGIE KEBABS

Be prepared for vegetarian and vegan guests at your barbecue with this fantastic dish. It also makes a healthy alternative to meat options!

Serves 6

6 skewers

1 yellow pepper

1 red pepper

2 courgettes

140 g cherry tomatoes

1/2 bunch of fresh mint

1 lemon

olive oil

freshly ground black pepper

Method

1. Soak wooden skewers for 15 mins.

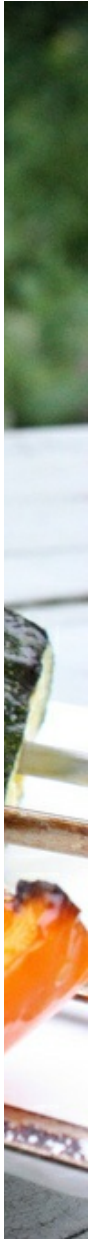
2. Chop all the veg into 2cm cubes, then add to a large mixing bowl. Finely chop the mint and add to the bowl.

3. Cut the tomatoes in half and add to the bowl.

4. Season with salt and pepper

5. Thread onto skewers and place on hot BBQ grill.

6. Leave for 10 minutes until char grilled and keep turning. Serve with a sprinkling of feta for a greek twist!



SPICY CHICKPEA BURGER

This homemade veggie BBQ burger is great for vegetarians who don't want to miss out on BBQ classics. Serve with salad in a bun for a tasty treat!

Serves 4

400g chickpeas, drained

1 lemon zest

1 tsp ground cumin

Small bunch coriander, chopped

1 egg

100g fresh breadcrumbs

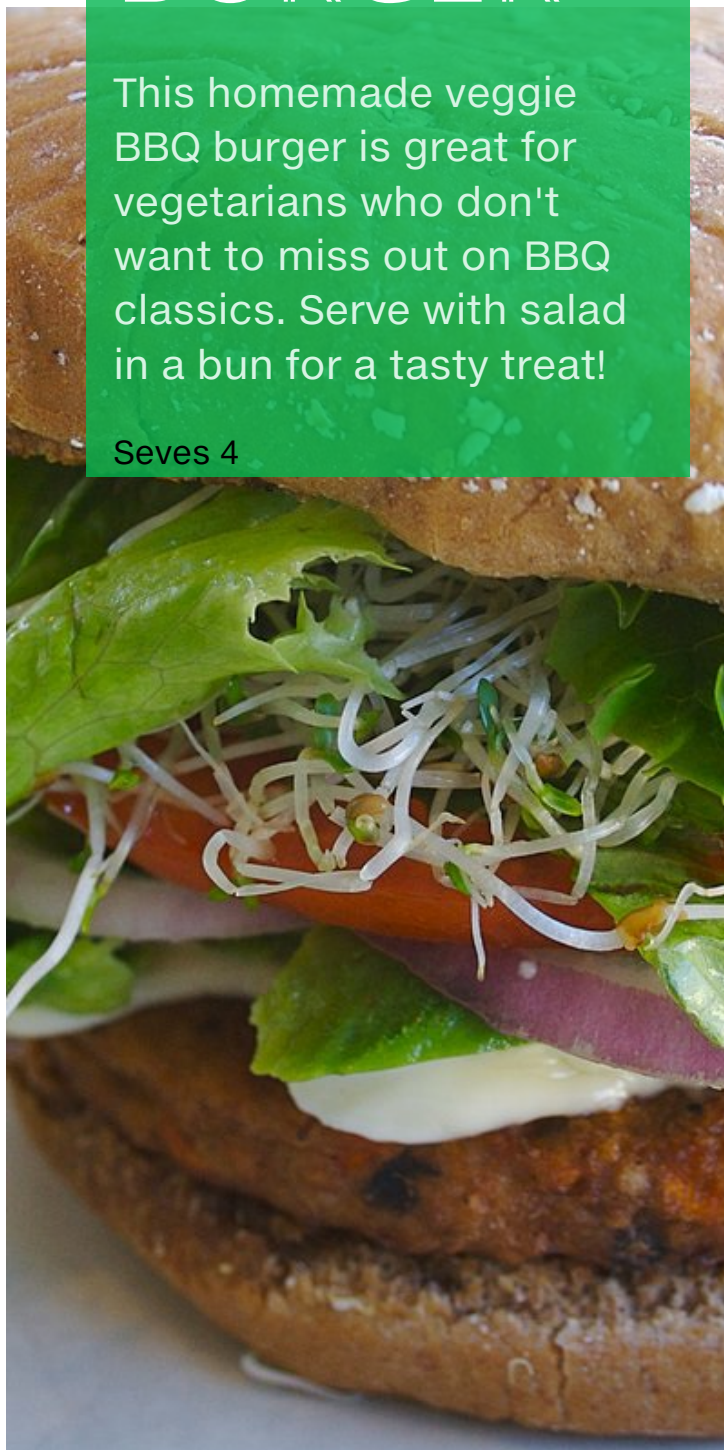
1 red onion

2 tbsp olive oil

4 small wholemeal buns

Method

1. Mix the chickpeas, lemon zest, spices half the coriander and the egg in a food processor. Place mixture in a bowl with 80g of the breadcrumbs and diced onion. Mold 4 burgers and roll in remaining breadcrumbs then chill for 15 minutes.
2. Coat the burgers in olive oil and place on a BBQ at medium heat. Cook for 4 mins each side. Serve in a bun with a slice of tomato, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.



CHILLI HALLOUMI SALAD

The salty halloumi combined with chilli oil for a delicious flavour! Serve with rocket for a simple but flavourful dish.

Serves 6

500g halloumi, sliced

3 tbsp olive oil

2 de-seeded fresh red chillis

1 bag of rocket

Method

1. Mix the chopped chilli and olive oil in a small bowl
2. Place the halloumi on a hot medium heat barbecue grill
3. Cook for 4 minutes, turning, until they're golden-brown in parts.
4. When all the slices of halloumi are cooked, transfer them to a couple of small plates of rocket. Spoon the chilli oil over the halloumi and enjoy!



BAKED BBQ SWEET POTATOES

This is a tasty BBQ dish which is a healthier alternative to the traditional backed potato but full of flavour and effort-free!

Serves 6

6 sweet potatoes

3 tsp olive oil

4 tbsp Greek yogurt

2 spring onions

Method

1. Rub each sweet potato with a little oil and salt then cover with foil.
2. When the BBQ is hot, place them directly onto the coals. Cook for 10 minutes, turn then another 15 minutes.
3. Remove from the BBQ, peel back the potato and add a spoonful of greek yogurt and sprinkle with chopped spring onions!



ROASTED BUTTER- NUT SQUASH SALAD

Butternut squash isn't the first thing that springs to mind when you think of barbecues. But this tasty dish is perfect for an easy alfresco lunch cooked on your BBQ!

Serves 4

1 butternut squash, peeled, deseeded and diced

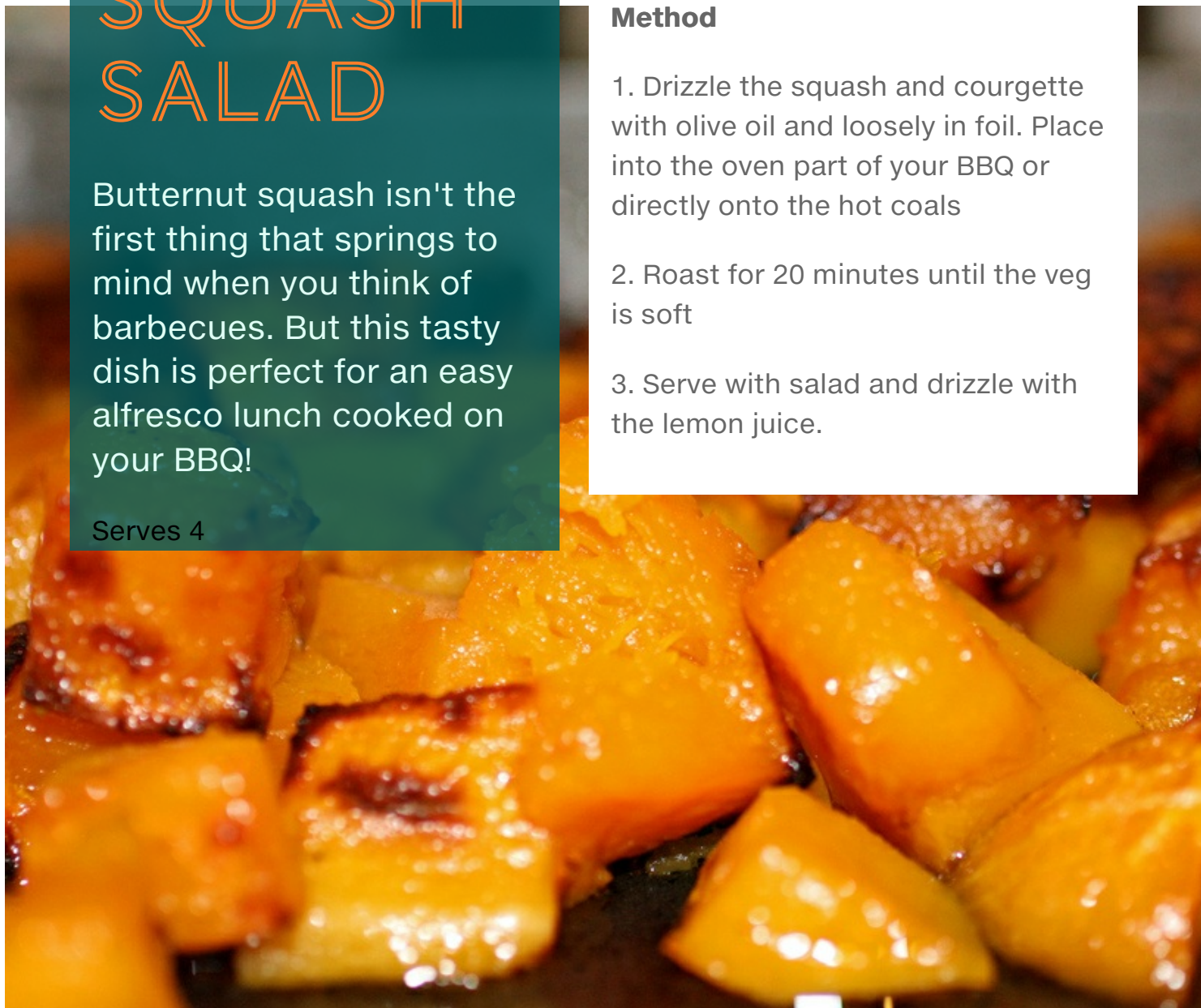
2 tsp olive oil

1 courgette diced

1 lemon, juiced

Method

1. Drizzle the squash and courgette with olive oil and loosely in foil. Place into the oven part of your BBQ or directly onto the hot coals
2. Roast for 20 minutes until the veg is soft
3. Serve with salad and drizzle with the lemon juice.



GRILLED HALLOUMI

This great dish requires very little effort and makes a great side or is perfect in a salad. You can even add it to your burger for a tasty twist!

Serves 4

225 gms halloumi cheese, cut into 1 inch pieces

1 tbsp lemon juice

1/2 tbsp parsley, chopped

Method

1. Place the halloumi onto a hot BBQ grill.
2. Cook the cheese until browned on both sides.
3. Remove and transfer to a plate.
4. Drizzle the lemon juice on top
5. Garnish with parsley and enjoy!



GRILLED RANCH POTATOES

Delicious new potatoes coated in a rosemary and garlic marinade!

Serves 8

8 wooden skewers

2 pounds red potatoes, quartered

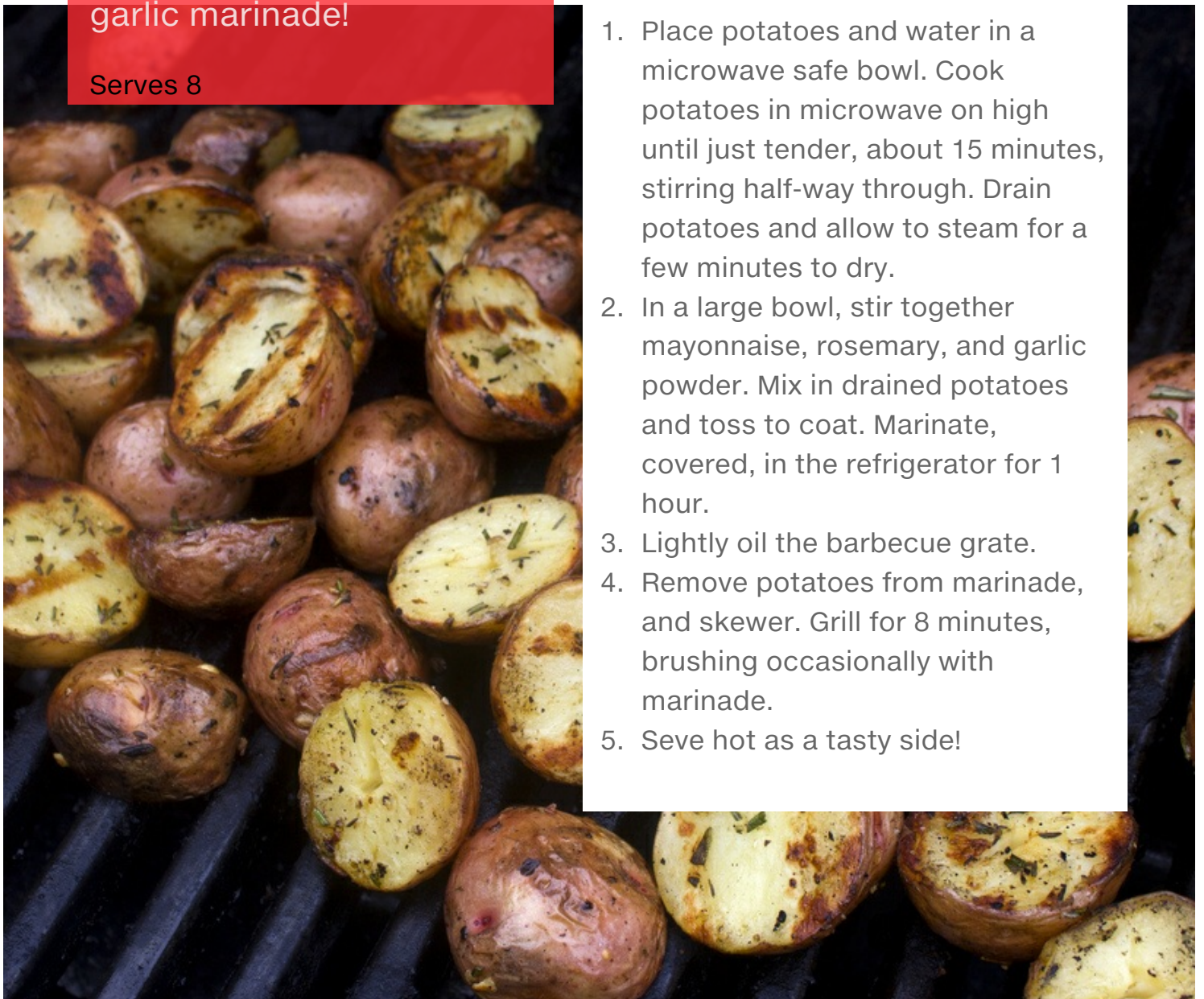
1/2 cup water

1/2 cup mayonnaise

2 teaspoons crushed dried rosemary

1 teaspoon garlic powder

1. Place potatoes and water in a microwave safe bowl. Cook potatoes in microwave on high until just tender, about 15 minutes, stirring half-way through. Drain potatoes and allow to steam for a few minutes to dry.
2. In a large bowl, stir together mayonnaise, rosemary, and garlic powder. Mix in drained potatoes and toss to coat. Marinate, covered, in the refrigerator for 1 hour.
3. Lightly oil the barbecue grate.
4. Remove potatoes from marinade, and skewer. Grill for 8 minutes, brushing occasionally with marinade.
5. Serve hot as a tasty side!



BLACK BEAN BURGER

Super tasty and easy to make black bean burgers are a great option for your vegetarian friends and family!

Serves 4

500g black beans, drained and rinsed

2 tbsp ketchup

1 tsp garlic powder

1 onion, diced

1/3 cup instant oats

Method

1. In a bowl, mash black beans with a fork until mostly pureed. Stir in onions, condiments and spices until well combined. Then mix in oats.

2. Divide into 4 equal portions and shape into thin patties.

3. Cook on the barbecue for 10 minutes turning half way through.

4. Place in a bun with a topping of cheese for a scrumptious meal!



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