



Vegetable Sosatie

By: Anton Mac Donald

Friday, 29th September 2017

Ingredients

- A selection of your choice of veg (here used Butternut, Onion, Baby marrow, Carrots and red Bell pepper)
- 1 cup BBQ sauce (recipe on website under herbs & spices)
- Sostie skewers

Method

- Cut vegetables in chunks.
- Arrange on skewers.
- Place in a oven proof dish.
- Pour BBQ sauce over and ½ a cup of water.
- Cover pan with foil and bake 45 minutes or until vegetables is soft at 200°C.
- Open and bake for 20 minutes at 200°C

Serve hot as main dish or as vegetable.

Served here with rice and garlic parsley baby potatoes (recipe on website under side dish vegetable)

BBQ sauce enough for 5 sosities.