



Haloumi Veggie Kebab

You need

- 240g haloumi cheese (dice into 16 cubes)
- 16x rosa tomatoes
- 24x baby marrows discs (cut into discs)
- ½ a lemon (juiced)
- Spices
- 2 tpbs olive oil
- 8 veggie skewer sticks

Calories/s

427

Prep time

10-15 min

Servings (s)

4

Method:

- Preheat the oven to 180°C.
- Add the wood skewers to a dish and cover with water to soak
- Add the baby marrow discs, rosa tomato and haloumi to a bowl
- Add oil, lemon juice & spices
- Cover the bowl and transfer to the fridge to marinade for 20 minutes
- Remove from fridge and thread veggies on the kebab skewers. Each should have 3 baby marrow discs, 2 rosa tomatoes and 2 haloumi cubes
- Arrange skewers on an oven tray
- Bake for 8-10 min until lightly golden
- Repeat with another layer and top with cheese. Bake for 20 minutes.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	1243 kj
	297 kcal
Protein	14.52g
Carbohydrates	6.54g
Sugar	3.56g
Fat	23.23g
Saturated Fat	12.272g
Trans Fat	0.360g
Polyunsaturated Fat	1.230g
Monounsaturated Fat	9.365g
Cholesterol	41mg
Fiber	1.6g
Sodium	316mg
Potassium	0mg

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