

# BBQ Mediterranean Vegetables



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Chilling time:** 2 hours
- **Cooking time:** 15 minutes
- **Recipe makes** 2 portions

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	per 1 portion	per 2 portions	
Fat	8.8g	17.6g	
Protein	1.5g	3g	
Carbohydrate	2g	4g	
Energy (calories)	93kcal	186kcal	



Enhancing Lives Together

# BBQ Mediterranean Vegetables

Ingredients	Quantity	Your recipe
Courgettes, diced	50g	
Aubergine, diced	40g	
Mushrooms, quartered	50g	
Spring onions, sliced	22g	
Green pepper, diced	20g	
Cherry tomatoes, halved	20g	
Olive oil	16g	
Garlic purée e.g. GIA	2g	

## Method:

1. Place chopped vegetables in a zip-lock bag.
2. In a bowl, mix the olive oil and garlic purée to make a marinade.
3. Pour marinade into the zip-lock bag over the vegetables.
4. Seal bag, place in the fridge and leave to marinade for 2 hours.
5. Add the marinated vegetables to large deep baking tray/sheet or disposable aluminium tray.
6. Place on the BBQ cook on a low heat for 10 to 15 minutes and serve.



### Always check with your dietitian what is suitable for you

- Great as a side dish to the BBQ Beef Burger (see recipe).



This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.