

17:00  
Zoom

 The National

# Cook-along BBQ

Join Karen Wright for a cook-along BBQ session on Zoom.

Ingredients and Equipment (Serves 4)

## Fruity Skewers

- 4 chicken breasts or skinless, boneless thighs, cubed
- 4 thick slices of pineapple cut into chunks (Veggie option Halloumi, cubed) (Vegan option, Tofu cubed)
- 8 skewers (if wooden well soaked in water)
- Chopping board

## BBQ Sauce

- 6 Tbs Tomato ketchup
- 3 Tbs Runny honey (maple syrup for Vegan)
- 1 Tbs Cider or white wine vinegar
- 1 Tbs Worcester Sauce (Hendersons relish for Vegan)
- 1 Tbs Smoked Paprika
- Few splashes of Tabasco or chilli flakes
- Grind of salt
- 1 mixing bowl, 2 ramekins or small bowls, fork and pastry brush

## Tropical Salad

- 4 Large tomatoes chopped into chunks and sprinkled with salt
- 1 Large red onion, peeled and finely sliced
- 1 Ripe mango, peeled and cut into chunks
- 2 Tbs mango chutney
- Salt
- Handful fresh coriander (or any fresh green herb)
- Large mixing bowl, tablespoon



## Method: Preparation

Before we start our live Zoom party, make sure you have your BBQ prepared and have it nice and hot – ready to cook!

Pre-thread your chicken, halloumi or tofu and pineapple onto your skewers before we get cooking, too. Then lay them on a board ready to go. Don't forget to wash your hands if you've been preparing raw meat.

## Method: During our Zoom party:

Prepare the BBQ sauce by mixing everything together and whisking with the fork.

Split the sauce into the two separate ramekins, one to serve with the meal the other to be brushed onto the skewers.

Brush the skewers with BBQ sauce.

Place onto the BBQ, brush with sauce and turn often. The skewers will take about 20 minutes to cook.

While the skewers are cooking prepare the salad.

Place all the ingredients except the fresh herbs into the mixing bowl and combine.

Just before serving stir the fresh herbs through the salad.

Serve the skewers with a side helping of salad and the reserved BBQ sauce.



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