

Easy barbecue ideas with vegetables / Tesco Stores Ltd.

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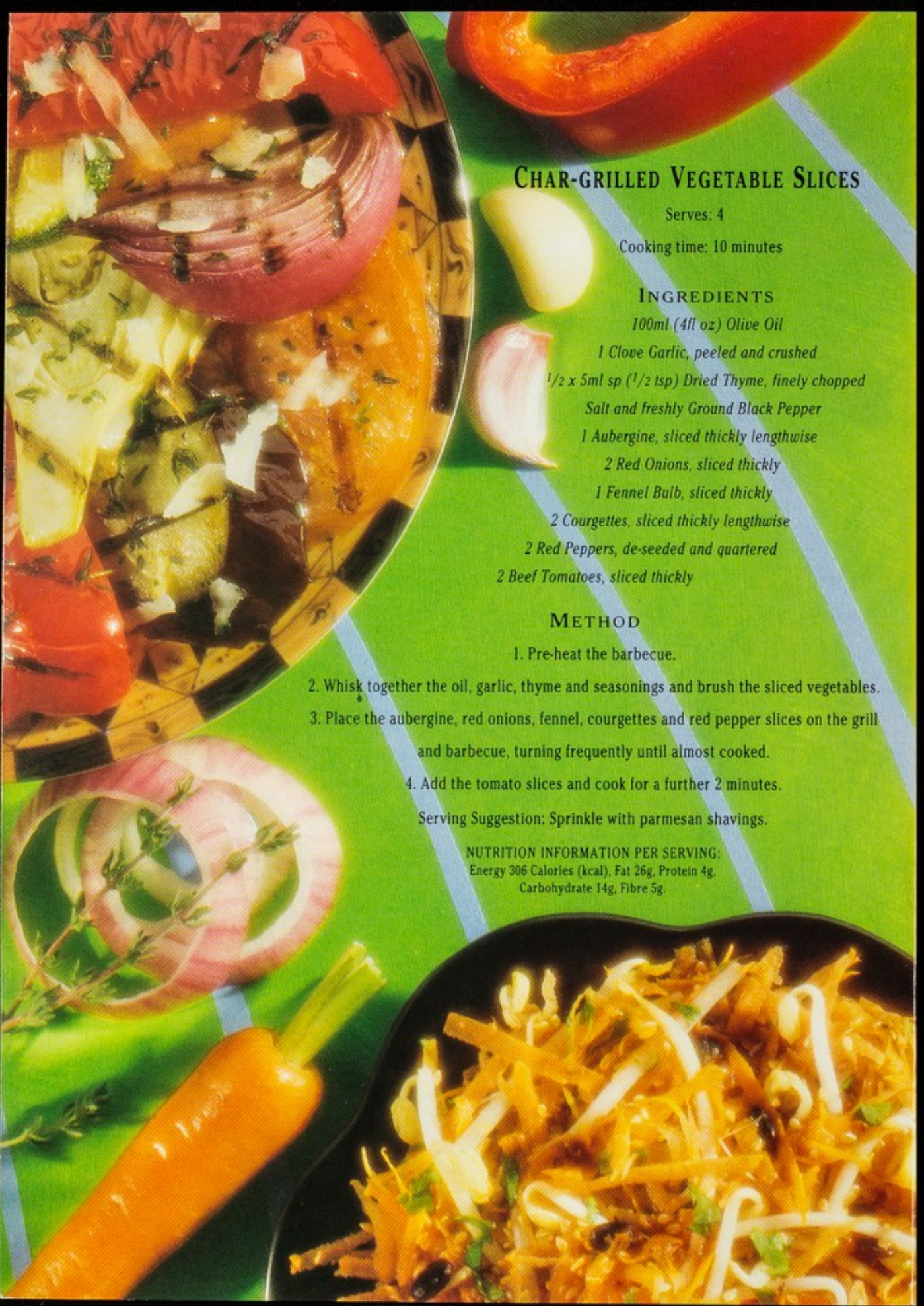


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TESCO

Easy barbecue ideas with
Vegetables





CHAR-GRILLED VEGETABLE SLICES

Serves: 4

Cooking time: 10 minutes

INGREDIENTS

100ml (4fl oz) Olive Oil

1 Clove Garlic, peeled and crushed

$\frac{1}{2}$ x 5ml sp ($\frac{1}{2}$ tsp) Dried Thyme, finely chopped

Salt and freshly Ground Black Pepper

1 Aubergine, sliced thickly lengthwise

2 Red Onions, sliced thickly

1 Fennel Bulb, sliced thickly

2 Courgettes, sliced thickly lengthwise

2 Red Peppers, de-seeded and quartered

2 Beef Tomatoes, sliced thickly

METHOD

1. Pre-heat the barbecue.

2. Whisk together the oil, garlic, thyme and seasonings and brush the sliced vegetables.

3. Place the aubergine, red onions, fennel, courgettes and red pepper slices on the grill and barbecue, turning frequently until almost cooked.

4. Add the tomato slices and cook for a further 2 minutes.

Serving Suggestion: Sprinkle with parmesan shavings.

NUTRITION INFORMATION PER SERVING:

Energy 306 Calories (kcal), Fat 26g, Protein 4g,

Carbohydrate 14g, Fibre 5g.

Summer Vegetables

THIS SUMMER FOR YOUR BARBECUE, WHY NOT MAKE USE
OF THE VERSATILE AND HEALTHY RANGE OF VEGETABLES THAT
TESCO HAVE TO OFFER?

- Not only are they nutritious, delicious and simple to prepare, they make excellent main or side dishes, and can add interest and colour to your barbecue.

CHINESE CARROT SALAD

Serves: 4

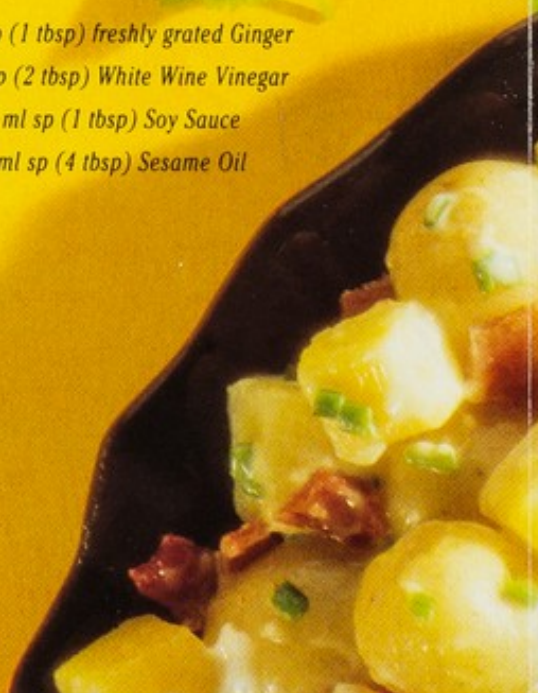
INGREDIENTS

6 Carrots, peeled and grated	1 x 15 ml sp (1 tbsp) freshly grated Ginger
75g (3oz) Beansprouts	2 x 15 ml sp (2 tbsp) White Wine Vinegar
4 x 15 ml sp (4 tbsp) freshly chopped Coriander	1 x 15 ml sp (1 tbsp) Soy Sauce
2 x 15 ml sp (2 tbsp) Sesame Seeds, roasted	4 x 15 ml sp (4 tbsp) Sesame Oil
1 x 15 ml sp (1 tbsp) Black Bean Sauce	

METHOD

1. Mix the grated carrot with the beansprouts, coriander and sesame seeds.
2. Blend the remaining ingredients together and pour over the carrot mixture.

NUTRITION INFORMATION PER SERVING:
Energy 166 Calories (kcal), Fat 14g, Protein 2g,
Carbohydrate 8g, Fibre 2g.



SWEDE AND POTATO SALAD

Serves: 4

INGREDIENTS

450g (1 lb) Baby New Potatoes
1 small Swede, peeled and diced
3 rashers, rindless Streaky Bacon
3 x 15ml sp (3 tbsp) finely chopped Chives
Salt and Ground Black Pepper
150ml (1/4 pt) Tesco Garlic Mayonnaise

METHOD

1. Scrub the potatoes and cook in their skins. Cook the swede until soft, but still firm and holding its shape.
2. Grill the bacon well until very crispy. Once cool, chop finely.
3. Mix the cooled potatoes and swede together.
4. Mix in a separate bowl the bacon, chives, salt and pepper and garlic mayonnaise.
5. Gently mix the potatoes, swede and mayonnaise together.

NUTRITION INFORMATION PER SERVING:

Energy 410 Calories (kcal), Fat 34g, Protein 6g,
Carbohydrate 20g, Fibre 2g.

MUSHROOM PARCELS

Serves: 4

Cooking time: 10 minutes

INGREDIENTS

425g (15oz) can Chick Peas
1 bunch of Spring Onions, finely chopped
1 Red Pepper, de-seeded and finely chopped
Few drops of Tabasco Sauce
Juice of 1 lime
8 large Flat Mushrooms, washed and stalks removed
50g (2oz) Butter

METHOD

1. Pre-heat the barbecue.
2. Place the chick peas and mushroom stalks in a food processor, blend for 3-4 seconds to chop roughly.
Turn out into a bowl.
3. Mix in the spring onions, red pepper, tabasco and lime juice and spoon into the mushrooms.
4. Top each mushroom with a piece of butter and wrap in buttered foil. Cook on the barbecue for 10 minutes.

NUTRITION INFORMATION PER SERVING:

Energy 246 Calories (kcal), Fat 14g, Protein 9g,
Carbohydrate 21g, Fibre 5g.



BARBECUED CORN

Serves: 4

INGREDIENTS

75g (3oz) Butter

1 Clove Garlic, crushed

2 x 15ml sp (2 tbsp) Fresh Herbs, finely chopped

Finely grated rind of 1/2 Lemon

4 Corn on the Cob

METHOD

1. Soften the butter in a mixing bowl and add the garlic, herbs and lemon rind. Chill.
2. Strip off any husk from the corn and trim the thicker end. Barbecue the corn over a medium heat for 8-10 minutes turning frequently.
3. Place a quarter of the butter on top of each hot corn and serve immediately.

NUTRITION INFORMATION PER SERVING:
Energy 278 Calories (kcal), Fat 18g, Protein 5g,
Carbohydrate 24g, Fibre 3g.

ALL LINES ARE SUBJECT TO AVAILABILITY.
SOMES LINES IN LARGER STORES ONLY.

GARLIC BAKED POTATOES

Serves: 4

Cooking time: 1 hour 30 minutes

INGREDIENTS

4 Baking Potatoes, scrubbed

50g (2oz) Butter

2 x 5ml sp (2 tbsp) fresh Mint, finely chopped

Salt and Ground Black Pepper

4 Cloves Garlic, peeled and cut in half

METHOD

1. Pre-heat the barbecue.
2. Using an apple corer, remove a plug from the centre of each potato, taking care not to cut right through the potato and reserve. (Ease plug out with a knife, if necessary).
3. Combine the butter, mint and seasoning. Fill each potato hole with 2 halves of garlic and a little butter mixture.
4. Cut two thirds off the centre of each potato plug and discard. Push the remaining plugs into the potatoes and wrap in foil.
5. Cook the potatoes for 1 hour 30 minutes until tender.

Serving Suggestion: Serve with sour cream or yogurt and chopped mint.

NUTRITION INFORMATION PER SERVING:
Energy 241 Calories (kcal), Fat 17g, Protein 4g,
Carbohydrate 18g, Fibre 2g.



VEGETABLE KEBABS WITH PEANUT SAUCE

Serves: 4

Cooking time: 20 minutes

INGREDIENTS

FOR THE SAUCE:

2 x 15ml sp (2 tbsp) Olive Oil
1 small Onion, finely chopped
125g (4oz) Brown Cap Mushrooms, chopped
50g (2oz) Unsalted Peanuts
150ml (1/4 pt) Water
1 x 15ml sp (1 tbsp) Soy Sauce
Few drops Hot Pepper Sauce
Pinch Salt

FOR THE KEBABS:

4 Baby Corn
2 Courgettes, cut into 2.5 cm (1 inch) lengths
250g (8 oz) Brown Cap Mushrooms
8 Shallots, peeled
8 Cherry Tomatoes
3 x 15ml sp (3 tbsp) Olive Oil
Juice of 1 Lemon

METHOD

1. Pre-heat the barbecue.
2. To prepare the sauce, heat 2 x 15ml sp (2tbsp) of the oil and fry the onions and mushrooms for 8 minutes, stirring occasionally. Blend in a food processor for 30 seconds, add the peanuts and water, blend for a further 30 seconds until smooth.
3. Return to the pan with the soy sauce, hot pepper sauce and seasoning, bring to the boil and simmer for 10 minutes.
4. Thread the vegetables onto skewers, brush with remaining oil and lemon juice, cook on the barbecue for 10 minutes, turning once or twice.
5. Pour over the hot peanut sauce.

Serving Suggestion: Serve on a bed of steamed rice.

NUTRITION INFORMATION PER SERVING:

Energy 253 Calories (kcal), Fat 21g, Protein 8g,
Carbohydrate 8g, Fibre 4g.

