

Fresh for Kids®

BBQ pineapple, capsicum & ham skewers



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BBQ pineapple, capsicum & ham skewers

Preparation: about 20 minutes

Cooking: about 5 minutes

Serves: 4

A top way to use leftover ham.

300g piece boneless ham, cut into 2–3 cm pieces

½ pineapple, peeled and cut into 2–3 cm pieces

1 small red capsicum, halved, deseeded and cut into 1cm pieces

2 tbs olive oil

2 tbs maple syrup

Mixed salad, to serve

1. Soak 8 small bamboo skewers in cold water for 10 minutes. Drain.
2. Thread ham, pineapple and capsicum onto skewers. Combine oil and maple syrup in a bowl. Brush mixture over skewers.
3. Preheat a greased barbecue plate over medium heat. Barbecue skewers, turning often and brushing with any leftover marinade, for 4–5 minutes until hot and golden. Serve with a mixed salad.

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Pineapple

- The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.
- A good source of vitamin C, one of the vitamins involved in protecting us from infection.
- Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation.
- A good source of a mineral called manganese which is needed by bones, the cartilage in joints and the brain.

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