

HAM & PINEAPPLE BBQ SHISH KEBABS

A summer flair of tropical flavours makes this essential for every BBQ!

EASY | 5 MINS | 10 MINS | 8

Ingredients

- 400g sliced ham off the bone
- half fresh pineapple, peeled and diced
- 2 tbsp seeded mustard
- half cup (160g) pure honey

Instructions

1. Soak 8 long skewers in water for 10 minutes; alternatively use 8 metal skewers.
2. Preheat the BBQ to medium low.
3. Bunch a slice of ham and alternately thread it and a piece of pineapple onto the skewer.
4. In a small bowl, whisk together the mustard and honey.
5. Place the skewers on the BBQ and cook, turning every minute until golden.
6. In the last minute, generously glaze with the honey-mustard mixture, turn, glaze, turn, glaze and turn to create a glossy coat of sticky sweet and savouriness.