



Grilled Marinated Vegetables

Grilled Zucchini

Ingredients

- 2 pkts Zucchini (Baby Marrows)

Marinade

- 60ml [Wild Appetite Avocado and Garlic Dressing](#)
- 2 Fresh garlic cloves crushed
- 15ml [Wild Appetite Toasted Garlic Bread Dipper \(Olive Oil\)](#) & a little extra for grilling
- Salt and pepper to taste



Method

Wash the baby marrows well, cut into quarters and steam or microwave until just tender.

Brush the baby marrows with a little olive oil and fry in a hot pan until crisp or place them under a hot grill in the oven.

Mix all marinade ingredients together and pour over the cooked baby marrows.

Refrigerate overnight and serve cold.

Grilled Aubergine

Ingredients

- 3 large Aubergines (Brinjals)

Marinade

- 45ml [Urban Appetite Balsamic & Lime Glaze](#)
- 5ml Honey
- 15ml [Wild Appetite Toasted Garlic Bread Dipper \(Olive Oil\)](#) & a little extra for grilling
- Salt and pepper to taste

Method

Thinly slice the aubergine, leaving the skin on. Sprinkle with salt and allow to stand for 20 minutes.

Rinse the aubergine well and leave to drain.

Brush the aubergine slices with a little olive oil and fry in a hot pan until crisp or place them under a hot grill in the oven.

Mix all marinade ingredients together and pour over the cooked aubergines.

Refrigerate overnight and serve cold.

Grilled Capsicum Ingredients

- 3 Sweet Yellow Peppers (Capsicum)
- 3 Sweet Red Peppers (Capsicum)

Marinade

- 60ml [Wild Appetite Lime & Dill Dressing](#)
- 15ml [Wild Appetite Mediterranean Bread Dipper \(Olive Oil\)](#) & a little extra for grilling
- Salt and pepper to taste

Method

Wash the peppers (capsicum) well and cut into slices.

Toss the capsicum in a little olive oil and fry in a hot pan until crisp or place them under the grill in the oven until the skins start to blister.

Mix all marinade ingredients together and pour over the grilled capsicum.

Refrigerate overnight and serve cold.

Serve the vegetables on a platter and garnish with shavings of fresh parmesan cheese.