

Meatball and Vegetable Skewers Adapted from a tavola



Pic from gordonrhodes.co.uk

For the meatballs:

½ pound ground beef
½ pound ground chicken
1 medium onion, finely chopped
Salt and freshly ground pepper
Dry, unseasoned bread crumbs to coat
meatballs

For the vegetable skewers:

1 red pepper
1 yellow pepper
4 zucchini
4 yellow onions

To cook:

Extra-virgin olive oil
Salt and freshly ground pepper

For the dressing:

9 ounces plain yogurt
1 garlic clove, minced
Juice of half a lemon

Special Equipment:

16 skewers

Directions:

In a large mixing bowl, combine the veal, chicken, onion, salt and pepper. Using your hands, quickly form the mixture into 24 slightly flattened meatballs. Place bread crumbs in a dish and roll each meat all in the crumbs, coating completely. String 3 meatballs on each skewer, leaving a little bit of space in between each one.

Cut each pepper (both red and yellow) evenly into 16 square pieces. Cut each zucchini into 4 sections lengthwise and then slice. Cut each onion into 4 quarters and separate the layers. Prepare 8 vegetable skewers by adding 8 vegetable pieces to each skewer (in any order you like).

Season the vegetable skewers with salt, pepper and oil, and cook on an oiled grill over medium heat, turning often (about 10 minutes).

Brush the meatballs with oil and cook on a grill over medium heat, turning often so that they will not burn (they will need at least 10 minutes to cook). When they're done, set aside and keep warm.

To make the dressing: Combine yogurt, garlic and lemon juice in a small bowl and season with salt and pepper. Arrange all the skewers on a platter and serve with dressing on the side.

Serves 8