



# 15 DELICIOUS & HEALTHY BBQ RECIPES

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All you need for the sizzling BBQ Summer



As soon as the sun comes out our thoughts naturally turn to eating - and cooking - outdoors. Summer is synonymous with good old-fashioned back garden barbecuing in the company of friends and family. Barbecuing has come a long way, and it's now not good enough to throw a few boring bangers on the grill.

There's no better way to eat well in the summertime than to combine deliciously marinated cuts of meat, fish or veggies with a variety of eye-catching salads.

If you're a guest at a barbecue party, that doesn't have to mean the end of all good healthy eating intentions. There's no reason you can't take your own food to a party. Make enough for sharing, and the host will probably thank you for it. Remember that this way of eating is both nutritious AND delicious. Don't feel you need to explain to anyone who will listen about why you had to bring your own food. They probably haven't even noticed!

Here are my favourite summer barbecue recipes that are guaranteed to steal the show. And proof indeed that eating healthy is any but boring!

# BARBECUED JERK CHICKEN

Serves 4-8

1 whole chicken or equivalent pieces (1- 1.5kgs)

1 tbsp allspice berries

1 tbsp black peppercorns

½ tsp cinnamon

½ tsp ground nutmeg

1 tbsp fresh thyme, chopped

4 spring onions, chopped

2 scotch bonnet or other hot chillies

- finely chopped

(use rubber gloves to chop them!)

1 tbsp coconut sugar

½ tsp salt

2 tbsp soy sauce

juice of a lime

Grind the allspice and peppercorns, and combine with the onions, thyme, cinnamon, nutmeg and chillies. Mix and loosen with a splash of olive oil. Pour into a wide bowl and stir in the soy sauce, sugar, salt and the lime juice. Add the chicken pieces one by one, massaging the mixture into the chicken as you go (don't forget to rub under the skin, too).

Marinate for as long as you can but preferably overnight. Heat the oven to 180°C. Place the chicken pieces in a warmed roasting dish and cover with foil.

Cook in the oven for 45 mins, then rest the meat until you're ready to barbecue.

Finish the chicken pieces on the barbecue, grilling for a minute or two on each side.





## BARBECUED HARISSA SARDINES

Serves 8

8 sardines (or mackerel fillets)

1 heaped tsp harissa paste

extra virgin olive oil

juice of 2 lemons

natural yoghurt, to serve

Mix the harissa paste in a bowl with a glug of olive oil and the juice of one lemon. Gently massage the mixture into each fish. Place on the barbecue and cook for a minute or two on each side, brushing with more harissa if desired. Turn the sardines very gently.

You can tell if they are cooked if you can pinch the flesh from the thickest part fairly easily. Put all the fish on a platter, scatter with fresh herbs, a large squeeze of lemon and bowl of natural yoghurt with a dollop of harissa in the middle.



## HALLOUMI & RED PEPPER KEBABS

Serves 4

250g halloumi cheese  
1 large red pepper, cut into 2cm dice  
1 large yellow pepper, cut into 2cm dice  
2 small red onions, cut into chunks  
1 tbsp harissa paste  
2 cloves garlic, peeled and crushed  
1 tbsp olive oil

For the cumin yogurt

200ml natural yogurt  
1 tbsp fresh chopped mint (or 2 tsp dried)  
sea salt, to taste  
freshly ground black pepper, to taste

Drain the water from the packet of halloumi and pat dry using kitchen paper. Slice into bite-sized cubes and put into a mixing bowl.

Halve and de-seed the peppers and cut into bite-sized pieces. Peel the onions and cut each one into six wedges. Add the vegetables to the bowl with the harissa paste and garlic. Stir in the olive oil, mixing everything well and leave to marinate for at least 15 mins.

To make a sauce, prepare the cucumber by peeling, halving and de-seeding then chop the flesh. Add the yogurt, mint and seasoning, stirring until combined. Cover and put into the fridge until ready to serve. Thread the cheese and vegetables onto four skewers and put on the barbecue, turning occasionally, for 5-6 mins, or until the peppers begin to char. Serve with the sauce.

# GARLIC, TURMERIC & LEMONGRASS PRAWNS

Serves 4

16 large raw prawns, peeled and deveined  
6 lemongrass stalks or pre-soaked wooden skewers

Turmeric / garlic marinade

4 crushed garlic cloves

1 tsp of fresh or ground turmeric

1/2 tsp sea salt

freshly ground black pepper

1 tsp of honey

1 tsp olive oil or coconut oil

Dipping Sauce

2 crushed garlic cloves

1 large red chili, roughly chopped

1 tsp finely grated ginger

40ml soy sauce

2 tsp xylitol

1 tablespoon lime juice

handful of coriander, torn



Blend the marinade ingredients and marinate the prawns for as long as you have, preferably overnight. Cut the lemongrass stalks diagonally (so you get about 3 strips from each stalk).

Skewer each marinated prawn, using a knife to help make an incision if necessary.

Blend the ingredients for the dipping sauce, including the coriander stalks, but not the leaves.

Add the prawn skewers to the barbecue, giving them 1-2 mins to cook though. Serve with the dipping sauce and garnished with fresh coriander.

# ASIAN INSPIRED COLESLAW

Serves 12

For the dressing

- 2 tbsp soy sauce
- 1 tbsp clear runny honey
- 1 garlic clove, crushed
- 1 tbsp grated fresh ginger
- 2 tbsp white wine vinegar
- 2 tbsp toasted sesame seed oil
- 2 tbsp olive oil
- 1-2 fresh limes (to taste)
- 2 handfuls fresh coriander, chopped

For the coleslaw

- ½ a medium red cabbage
- ½ a medium white cabbage
- 5 carrots
- 1 bag of radishes
- 1 small bunch of spring onions, sliced.

Put all the ingredients for the dressing into a large jar and shake to combine.

Finely shred the cabbage and either spiralise or julienne the carrots.

Finely slice the spring onions and halve the radishes.

Combine on a large platter.

Give the dressing a last shake and pour over the vegetable mix, gently stirring through to coat evenly. Take care not to mix too hard or the colours may run together.





## WATERMELON, MINT, FETA & BLACK OLIVE SALAD

Serves 8

1.5 k fresh watermelon, cubed  
1 red onion  
1 cup of pitted black olives  
4 fresh limes, juiced  
4 tbsp extra virgin olive oil  
2/3 pack of feta cheese, cubed  
small bunch of mint, roughly torn  
small bunch of parsley, roughly torn  
freshly ground black pepper

Slice the red onion and steep in lime juice for about 10 mins to release their bitterness and pickle slightly.

Gently combine the watermelon and feta cubes, torn leaves, olive oil and olives with a grind or two of black pepper and then very gently toss with the onions and lime juice.

# FENNEL & APPLE SALAD

Serves 4

2 fennel bulbs, finely sliced  
1 red apple, chopped  
1 handful raw almonds, roughly chopped  
1 handful flat parsley, chopped

For the dressing

1 tbsp mayonnaise  
1 tbsp Greek yoghurt  
1 tbsp apple cider vinegar  
sea salt and black pepper, to taste

Mix the dressing in a salad bowl.  
Add the remaining ingredients and combine with the dressing.





## FRENCH BEANS & MANGETOUT WITH HAZELNUT & ORANGE

Serves 6

400g French beans

400g mangetout

70g hazelnuts

1 orange

20g chives, roughly chopped

1 garlic clove, crushed

3 tbsp olive oil

2 tbsp hazelnut oil (or another nut oil, if unavailable)

coarse sea salt and black pepper, to taste

Preheat the oven to 180°C.

Trim the stalk ends off the French beans and the mangetout, keeping the two separate.

Bring plenty of unsalted water to the boil in a large saucepan. Blanch the beans in the water for 4 mins, then drain into a colander and run them under water until cold. Leave to drain and dry. Repeat with the mangetout, but blanching this time for 1 min. While the beans are cooking, scatter the hazelnuts over a baking tray and roast in the oven for 10 mins. Leave until cool enough to handle, then rub them in a clean tea-towel to get rid of most of the skin. Roughly chop the nuts. Remove the zest from the orange in strips (using a vegetable peeler) then slice each piece of zest into very thin strips. Combine all the ingredients, drizzle with olive oil and season with salt and pepper.



## ROASTED VEGETABLE & QUINOA SALAD

Serves 6

4 large carrots, roughly chopped  
1 large red pepper, roughly chopped  
2 handfuls of cherry tomatoes or  
4 large tomatoes, halved  
1 large red onion, roughly chopped  
3 large beetroot, well scrubbed and  
chopped into smaller chunks or wedges  
1 tbsp ghee or coconut oil  
a handful of fresh herbs, such as thyme  
or rosemary or 2tbsp dried mixed herbs  
fresh leaves, such as rocket, lambs  
lettuce and watercress, to serve  
sea salt and black pepper, to serve

For the quinoa

250g quinoa  
250ml bone broth or water

For the Brazil nut pesto

12 Brazil nuts  
2 garlic cloves  
3 large handfuls of fresh basil  
300ml extra virgin olive oil  
4tbsp lemon juice or 2 tbsp apple cider vinegar

Soak the quinoa overnight ideally

Preheat the oven to fan 200°C

Put the chopped vegetables in a single layer on a large roasting tray. Sprinkle with salt and pepper and add a dollop of ghee or coconut oil. Scatter over the herbs. Roast for 30–40 minutes or until the veg is tender (pierce with a knife to check). Halfway through the roasting time, use a wooden spatula to turn the veg. Meanwhile, make the pesto. Blitz everything together in a food processor or with a hand blender (the more nuts you add, the thicker and creamier your pesto will be, but if you want it thinner, add more oil and lemon juice). Alternatively, grab a sharp knife and finely chop the garlic, basil and nuts, then whisk with the olive oil and lemon juice. Season to taste. Bring the broth (or water) to the boil in a pan, add the drained quinoa and cook for 12 minutes.

Combine the quinoa and roasted veg in a big serving bowl, toss in the pesto and the fresh salad leaves.



## CHICKPEA & CUCUMBER SALAD

Serves 4

1 tbsp olive oil

1 400g tin chickpeas, rinsed and drained

1 1/2 teaspoons sumac

1/4 teaspoon ground cumin

1/2 teaspoon lemon zest

1 tablespoon lemon juice

sea salt (to taste)

175g chopped cucumber

300g sliced cherry tomatoes

40g sliced white onion

handful of coriander, chopped

lemon juice (for serving)

olive oil (for serving)

Sumac for serving

Heat a large skillet over medium heat. Add olive oil, chickpeas, sumac, and cumin. Stir well, coating the chickpeas with the spices. Lightly fry the chickpeas until the chickpeas are warm and starting to pop then become golden. Add in the lemon zest, lemon juice, and a pinch of salt. Chickpeas should be golden and hot but not crisp. Set aside to cool. Combine the cucumber, tomatoes, onion, and coriander in a bowl. Add in the chickpeas and stir until the salad is well combined.

Serve with extra lemon juice, olive oil, and sumac, if desired.



## GARDEN TOMATO SALAD

Serves 4

1¼kg-1½ kg ripe tomatoes  
in as many colours, shapes, sizes  
and flavours as you can find  
50g mixed soft herb - we used  
chives, thyme, parsley and mint  
5-6 shallots, diced as finely as you can

For the dressing  
3 tbsp extra virgin olive oil  
3 tbsp white wine vinegar  
1 tbsp clear honey

Slice the large-to-medium tomatoes and halve the smallest. Pick the leaves from the herbs and roughly chop, then mix the herbs with the shallots. Choose a large platter and start layering up the tomatoes, mixing colours and sizes. As you finish each layer, scatter with some of the herb-shallot mix and some ground black pepper. Keep layering until everything is used up. Cover and chill for a few hrs. Bring to room temperature 45 mins before serving.

Whisk together the dressing ingredients with some salt, then drizzle over the salad and serve.



## PEACH & PECAN SALAD

Serves 12

100g kale, finely chopped  
1 head Romaine lettuce, finely shredded  
4 eggs, hardboiled  
150g fresh green beans  
1 ear sweetcorn  
1/2 tablespoon olive oil  
200g cup cherries pitted and halved  
1 piece large peach thinly sliced  
60g pecans  
25g basil, finely chopped

Heat a frying pan over medium high heat and add the olive oil, green beans, and sweet corn. Saute until the beans and corn are heated through and have some charred color to them.

In a large salad bowl, add the shredded greens, and then top with quartered hard boiled eggs, cherries, peaches, green beans, corn, basil and pecans.

In a small jar. Add together dressing ingredients and shake to combine. Pour over salad, and toss.



## COURGETTE, FETA & MINT SALAD

Serves 4

6 large courgettes (any colour)  
3 tbsp extra virgin olive oil  
150g feta cheese, crumbled  
handful of fresh mint leaves, crumbled

for the dressing

4 tbsp extra virgin olive oil  
1 tbsp lemon juice  
1 small garlic clove, crushed  
sea salt and freshly ground black pepper, to serve

Cut the courgettes diagonally into thick slices and combine with the olive oil. Season with salt and pepper. Cook on the barbecue for 2 mins on each side until just charred. Remove and leave to cool.

Put the dressing ingredients into a jam jar, close the lid and shake to combine. Add salt and pepper to taste. Put the courgettes, feta and mint in a bowl, drizzle with the dressing and combine until well combined.



## PROSCIUTTO WRAPPED FIGS

Serves 4

8 ripe figs

80g goats' cheese

8 slices prosciutto

Cut each fig lengthways into quarters without cutting all the way through.

Cut the cheese into 8 pieces and put a piece of cheese in the middle of each fig and close the figs up. Wrap each fig in a slice of prosciutto and thread onto a skewer.

Cook the skewers for 4-5 mins, turning half way through. The ham should be starting to char and the cheese, melted.

# PERFECT DRESSING & MARINADES

Put all the ingredients together in a jam jar.  
Pop the lid on and shake.

Classic vinaigrette:

2 tbsp white or red wine vinegar  
1/2-1 tsp Dijon mustard  
Salt and freshly ground black pepper  
6 tbsp good olive oil.

Chilli & garlic

60ml olive oil  
1 tsp sliced chilli  
1 garlic clove, crushed.  
Salt and pepper to season.

Balsamic vinaigrette

6tbsp extra virgin olive oil  
2tbsp balsamic vinegar  
1 level tbsp clear honey  
1 level tbsp wholegrain mustard.

Coconut & Lime Dressing

2 tbsp coconut milk  
2 tbsp lime juice  
1 tbsp natural live yoghurt  
½ tsp thai fish sauce (optional)  
½ tsp thai curry paste



## TOP TIPS

When barbecuing skewers, cut all the ingredients to the same size so they're the same distance from the coals and will cook evenly. Cut the ingredients larger than the spaces between the bars so there's no danger of the skewers slipping through.

Avoid burnt on the outside and pink in the middle by using your oven to cook meat through before finishing it on the grill. You'll still get the signature smoky taste without fear of undercooking - especially important for chicken.

Trim unnecessary fat and drain off excess marinade to avoid barbecue flare-ups.

Don't use a fork to turn your food or you risk piercing the meat and losing juices. Use long-handled metal tongs or spatulas instead.