

BBQ Harissa Vegetables

- 2 carrots, peeled and sliced into chunky slices.
- 1 courgette, sliced.
- 1 red pepper & 1 yellow pepper, sliced into chunks.
- A handful of mushrooms, halved.
- 2 cobs on the cobs cut into ribs. To do this slice the cobs longways down the centre, then again longways down each length, then half then so you get mini ribs.
- 2 large cloves of garlic, whole.
- Handful of mange tout, optional.
- Olive oil

Harissa paste:

- 1 tsp. paprika
- 1/2 tsp smoked paprika
- 1 tsp cumin
- Salt
- 1/4 tsp cayenne pepper
- 1/2 tsp garlic salt
- Juice of half a lemon
- 1 tsp tomato Purée

1. 1 tbsp olive oil
2. Place all veggies and whole garlic, apart from the mange tout into a bowl and rub in the harissa.
3. Season with salt and pepper and drizzle with some olive oil until well coated.
4. If cooking on the BBQ you'll need a veggie pan, place into here and cook until charred. Add the mange tout at the end.
5. In the air fryer, place the veg directly in, cook on airfare at 180 degrees for around 12-25 minutes. Again, add the mange tout nearer the end.
6. Serve with BBQ meat or fish, or on its own like a BBQed stir fry.