Ham & Pineapple BBQ Shish Kebabs

Easy homemade kebabs on a stick

Get the whole family involved with this easy & child friendly recipe to get everyone excited at your next BBQ. Grilled golden pineapple with crispy ham for a healthy food feast everyone will love.

Top tip: You can mix it up with any small fruit or meat (chicken, lamb or beef).

Ingredients

400 g sliced ham off the bone

1/2 fresh pineapple, peeled and diced

2 tbsp seeded mustard

160 g pure honey

Method:

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.