

# Brochette of Polenta, Peppers & Red Onion

100g	Polenta		
500ml	Water		
500ml	Milk		
1tspn	Salt		
2-3	Garlic cloves		
50g	Parmesan, grated		
1	Yellow pepper	1	Red pepper
1	Green pepper	1	Red onion
	Olive oil		



Vegetable chopping board  
Large saucepan  
Medium sized loaf tin  
Weighing scales  
Roasting tin

Brochette skewers  
Large spoon  
Measuring jug  
Cling film



Bring half the water and milk to the boil with salt and garlic. Mix rest of liquid in with the polenta and cheese and continue to stir to a smooth paste. Remove from heat and leave for 5mins

Line the loaf tin with cling film, place the polenta in the prepared tin and refrigerate for 2 to 3 hours, then cut into 2cm dice.

Cut up the peppers and onion into roughly 2cm squares. Place into the roasting tin. Season with salt and toss a little olive oil. Preheat the oven to 220oC and bake for 5-10mins, remove and cool.

Make up the brochettes in any order and brush with olive oil. Char grill, barbeque or bake in the oven for 5-10mins until warmed. Serve with sweet cherry tomato dressing.