

# BBQ ON A BUDGET

PERFECT FOR SUMMER



# TERIYAKI TURKEY KEBABS

## INGREDIENTS

500G TURKEY MINCE  
50G BREADCRUMBS  
3 TBSP TERIYAKI SAUCE  
3 RED ONIONS  
2 GARLIC CLOVES, MINCED  
1 EGG, BEATEN  
SALT AND PEPPER TO  
SEASON  
1 RED, YELLOW & GREEN  
PEPPERS, CUT IN LARGE  
CUBES

## METHOD

FINELY DICE HALF OF AN ONION.

MIX ALL INGREDIENTS TOGETHER INTO  
MEATBALLS, EXCEPT THE PEPPERS AND REMAINING  
ONIONS.

ROLL INTO MEATBALL SIZES.

CHILL IN THE FRIDGE TO FIRM UP FOR 20 MINUTES.

QUARTER THE REMAINING ONIONS.

THREAD THE MEATBALLS ONTO A SKEWER WITH A  
PIECE OF PEPPER AND QUARTER ONION BETWEEN  
EACH MEATBALL.

COOK ON A FOIL TRAY ON THE BBQ FOR 5  
MINUTES EACH SIDE.

# KOFTA KEBABS

## INGREDIENTS

400G MINCE  
2 TSP CINNAMON  
3 TSP CUMIN  
4 GARLIC CLOVES, FINELY  
CHOPPED  
4 SPRING ONIONS, FINELY  
SLICED  
SALT AND PEPPER TO TASTE

## METHOD

MAKE YOUR KOFTAS BY COMBINING THE MINCE, CINNAMON, CUMIN, GARLIC, SPRING ONIONS, SALT AND PEPPER. SHAPE THE MINCE INTO 4 SAUSAGE SHAPES AND STICK A SKEWER THROUGH THEM.

COOK ON THE BBQ FOR 5 MINUTES EACH SIDE, ENSURING THE MEAT IS COOKED BEFORE SERVING.

SERVE.

# STICKY SAUSAGES

## INGREDIENTS

AS MANY SAUSAGES AS YOU  
LIKE  
1 TBSP OF BBQ SAUCE PER  
SAUSAGE

## METHOD

PUT THE BBQ SAUCE IN A BOWL AND ADD THE SAUSAGES MAKING SURE THEY ARE COMPLETELY COVERED.

MARINADE IN THE FRIDGE OVERNIGHT.

COOK IN THE OVEN FOR 20 MINUTES.

THROW ON THE BBQ FOR A COUPLE OF MINUTES TO HEAT THROUGH.

# LENTIL & CHORIZO BURGERS

## INGREDIENTS

200G RED LENTILS  
500ML VEGETABLE STOCK  
100G CHORIZO, FINELY DICED  
1 ONION, FINELY DICED  
1 TABLESPOON CHILLI FLAKES  
2 CRUSHED GARLIC CLOVES  
1 TSP CUMIN  
1 TSP PAPRIKA  
50G GOLDEN BREADCRUMBS

## METHOD

COOK THE RED LENTILS IN THE STOCK FOR ABOUT HALF AN HOUR.

ADD MORE WATER IF NEEDED WHILE IT COOKS OR DRAIN AT THE END IF LIQUID REMAINS.

FRY CHORIZO, ONION AND GARLIC UNTIL SOFTENED.

STIR IN THE CUMIN, CHILLI FLAKES AND PAPRIKA AND MIX THOROUGHLY. COOK FOR 2 MORE MINUTES.

STIR INTO THE RED LENTILS AND ADD THE BREADCRUMBS.

PUT THE MIX INTO THE FRIDGE FOR AT LEAST 1 HOUR.

SHAPE INTO BURGERS AND COOK ON A FOIL TRAY ON THE BBQ FOR 10 MINUTES EACH SIDE.

# CHICKEN BURGERS

## INGREDIENTS

2 LARGE CHICKEN BREASTS  
2 TBSP PLAIN FLOUR  
2 BEATEN EGGS  
120G OF GOLDEN BREADCRUMBS  
SALT AND PEPPER  
SEASONING OF CHOICE:  
PAPRIKA, OREGANO, CAYENNE,  
SOUTHERN FRIED

## METHOD

CUT THE CHICKEN BREASTS INTO 2 AS THOUGH BUTTERFLYING BUT CUT ALL THE WAY THROUGH.

PUT THE FLOUR ONTO A PLATE WITH SALT AND PEPPER AND ANY OTHER SEASONING YOU ARE USING.

PUT THE BREADCRUMBS ONTO ANOTHER PLATE AND YOUR WHISKED EGGS INTO A SHALLOW DISH.

DIP THE CHICKEN BREAST IN THE SEASONED FLOUR, THEN EGG THEN BREADCRUMBS.

PUT IN THE FRIDGE FOR 30 MINUTES TO CHILL.

PLACE ON A FOIL TRAY ON THE BBQ.

COOK FOR 5 MINUTES EACH SIDE AND ENSURE COOKED THROUGH.

SERVE.

# MOZZARELLA STUFFED BURGERS

## INGREDIENTS

400G PORK MINCE  
100G MOZZARELLA  
1 TSP PAPRIKA  
½ TSP CUMIN  
1 TBSP DRY STUFFING MIX OR  
BREADCRUMBS  
1 TSP GARLIC POWDER  
1 HANDFUL OF SHREDDED BABY  
SPINACH  
1 PINCH SALT  
1 TSP OIL

## METHOD

PUT YOUR MINCE INTO A BOWL.

ADD THE BREADCRUMBS, SPINACH, CUMIN,  
PAPRIKA, GARLIC AND SALT.

USE A FORK AND MIX IT WELL THEN DIVIDE INTO  
4.

OIL YOUR HANDS TO PREVENT THE MEAT  
STICKING. GRAB A QUARTER AND ROLL  
BETWEEN YOUR PALMS TO FORM A BALL.

FLATTEN OUT AND PUT A PIECE OF MOZZARELLA  
IN THE MIDDLE, FOLD THE MEAT OVER AND ROLL  
IT BACK INTO A BALL.

FLATTEN OUT AGAIN TILL YOU GET THE  
THICKNESS YOU WANT. COVER AND PLACE IN  
THE FRIDGE FOR 30 MINS TO FIRM UP.

PUT THE BURGERS ON THE GRILL AND COOK ON  
A MEDIUM HEAT FOR 3-4 MINS.

FLIP OVER AND FRY FOR ANOTHER 3-4 MINS  
ENSURING THEY ARE COOKED THROUGH.



# MARINADES

THESE MARINADES CAN BE USED ON CHICKEN THIGHS, DRUMSTICKS, OR WINGS.

## INSTRUCTIONS FOR ALL MARINADES:

IN A BOWL, WHISK TOGETHER ALL THE INGREDIENTS FOR THE MARINADE UNTIL WELL COMBINED.

PLACE THE CHICKEN THIGHS IN A ZIP-TOP BAG OR A SHALLOW DISH. POUR THE MARINADE OVER THE CHICKEN THIGHS, MAKING SURE THEY ARE EVENLY COATED.

SEAL THE BAG OR COVER THE DISH AND REFRIGERATE FOR AT LEAST 1 HOUR, OR IDEALLY OVERNIGHT, TO ALLOW THE FLAVOURS TO DEVELOP.

REMOVE THE CHICKEN THIGHS FROM THE MARINADE, LETTING ANY EXCESS DRIP OFF.

THEN COOK THE CHICKEN IN THE OVEN OR ON THE BBQ AS PER THE PACK INSTRUCTIONS.

## RECIPES:

### GREEK YOGURT MARINADE:

1/2 CUP GREEK YOGURT  
2 TABLESPOONS LEMON JUICE  
2 CLOVES GARLIC, MINCED  
1 TABLESPOON CHOPPED FRESH DILL  
1 TABLESPOON CHOPPED FRESH MINT  
1 TEASPOON GROUND CORIANDER  
SALT AND PEPPER TO TASTE

### SMOKY CHIPOTLE MARINADE:

2 TABLESPOONS ADOBO SAUCE FROM  
CANNED CHIPOTLE PEPPERS  
2 TABLESPOONS LIME JUICE  
2 TABLESPOONS OLIVE OIL  
2 CLOVES GARLIC, MINCED  
1 TEASPOON SMOKED PAPRIKA  
1/2 TEASPOON GROUND CUMIN  
SALT AND PEPPER TO TASTE

### **TERIYAKI MARINADE:**

1/4 CUP SOY SAUCE  
2 TABLESPOONS HONEY  
2 TABLESPOONS RICE VINEGAR  
1 TABLESPOON SESAME OIL  
2 CLOVES GARLIC, MINCED  
1 TEASPOON GRATED GINGER  
1/4 TEASPOON RED PEPPER FLAKES

### **ASIAN GINGER GARLIC MARINADE:**

1/4 CUP SOY SAUCE  
2 TABLESPOONS HONEY  
2 TABLESPOONS RICE VINEGAR  
1 TABLESPOON SESAME OIL  
2 CLOVES GARLIC, MINCED  
1 TABLESPOON GRATED GINGER  
1 TABLESPOON CHOPPED GREEN ONIONS

### **MEDITERRANEAN MARINADE:**

1/4 CUP LEMON JUICE  
2 TABLESPOONS OLIVE OIL  
2 CLOVES GARLIC, MINCED  
1 TABLESPOON CHOPPED FRESH OREGANO  
1 TABLESPOON CHOPPED FRESH PARSLEY  
1 TEASPOON GROUND CUMIN  
SALT AND PEPPER TO TASTE

### **PINEAPPLE BBQ MARINADE:**

1/4 CUP KETCHUP  
2 TABLESPOONS PINEAPPLE JUICE  
2 TABLESPOONS BROWN SUGAR  
2 TABLESPOONS SOY SAUCE  
1 TABLESPOON APPLE CIDER VINEGAR  
2 CLOVES GARLIC, MINCED  
SALT AND PEPPER TO TASTE

### **HONEY MUSTARD MARINADE:**

1/4 CUP DIJON MUSTARD  
2 TABLESPOONS HONEY  
2 TABLESPOONS APPLE CIDER VINEGAR  
2 CLOVES GARLIC, MINCED  
1/2 TEASPOON SMOKED PAPRIKA  
SALT AND PEPPER TO TASTE

### **LEMON HERB MARINADE:**

JUICE OF 2 LEMONS  
3 TABLESPOONS OLIVE OIL  
2 CLOVES GARLIC, MINCED  
1 TABLESPOON CHOPPED FRESH THYME  
1 TABLESPOON CHOPPED FRESH ROSEMARY  
SALT AND PEPPER TO TASTE

### **CLASSIC BBQ MARINADE:**

1/4 CUP KETCHUP  
2 TABLESPOONS SOY SAUCE  
2 TABLESPOONS BROWN SUGAR  
2 TABLESPOONS APPLE CIDER VINEGAR  
2 CLOVES GARLIC, MINCED  
1 TEASPOON SMOKED PAPRIKA  
SALT AND PEPPER TO TASTE

### **SPICY CAJUN MARINADE:**

2 TABLESPOONS OLIVE OIL  
2 TABLESPOONS CAJUN SEASONING  
2 CLOVES GARLIC, MINCED  
1 TABLESPOON WORCESTERSHIRE SAUCE  
1 TEASPOON HOT SAUCE (ADJUST TO TASTE)  
SALT AND PEPPER TO TASTE