

## Fruit Kebabs & Yoghurt Dip

<p><b>Equipment:</b></p> <p>Chopping boards Knives – small &amp; large Colander 3-4 medium sized mixing bowls 1-2 small serving bowls (for yoghurt dip) Melon ball tool (optional) Teaspoon Tablespoon Platters for serving Kebab sticks Plate Baking tray</p>	<p><b>Ingredients:</b></p> <p>Seasonal fruit from the garden or supermarket. E.g. ½ Watermelon cut into 2cm cubes 1 Rockmelon or Honeydew melon, cubed or balled 1 bunch of green or red seedless grapes, washed 1 punnet strawberries, hulled and halved 2-3 bananas 2-3 tablespoons shredded coconut Squeeze of lemon juice 250g Vanilla yoghurt</p> <p>You can use a variety of other fruit combinations for these kebabs, including orange segments, pear, banana, stone fruit, berries, pineapple, apple or mandarin for example. For a different flavour boost, you could add a tablespoon of freshly chopped herbs such as lemon thyme or mint, to vanilla yoghurt.</p>
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### What to do:

- Set out chopping boards and knives.
- Remove green tops from strawberries using a small knife and chop in half. Put strawberries in a colander and rinse under cold running water. Pat dry and set aside.
- Remove grapes from stems, place in colander and rinse under running water also.
- Chop rockmelon into 2.5cm cubes or use the melon baller to make melon spheres. Set aside in a separate bowl. Do the same with the watermelon if using.
- Peel the bananas and cut into chunks (approximately 10 per banana). Place in bowl with a squeeze of lemon juice to prevent the banana from turning brown.
- Place fruit scraps in the compost bucket.
- Taking a kebab stick, thread 4 or 5 pieces of fruit onto the stick and push to one end, leaving room to hold the straw at the other end. Place the assembled kebab on a serving platter. Repeat this with the remaining sticks.
- Any left over fruit pieces can be combined in a bowl with 1 tablespoon of finely chopped mint and 1-2 tablespoons of extra lemon juice. This mixture can then be covered and refrigerated for later use as a fruit salad, for breakfast or lunchbox snack.
- Place shredded coconut on the baking tray.
- Set the oven temperature at 200 degrees and toast the coconut in the oven for approximately 5 minutes or until golden brown. Allow the coconut to cool.
- Measure 250g yoghurt into 1-2 small bowls. Stir the coconut through the yoghurt.
- Place the yoghurt dip on the platter with the fruit kebabs and a teaspoon for serving.
- Garnish with a sprig of fresh mint, lemon thyme or borage flowers.