

PaediaSure Shake

Balanced nutrition for the fussy eating phase



SAUSAGES ON STICKS

SERVES: 4

Ingredients

- 6 sausages – pork or vegetarian
- 2 yellow peppers, cut into 16 pieces
- 2 red peppers, cut into 16 pieces
- 12 cherry tomatoes
- Wooden skewers

Method

1. Preheat the oven to 200°C / gas mark 6.
2. Line a baking tray with baking paper or parchment and cook the sausages for 15-20 minutes.
3. While the sausages are cooling down, prepare the vegetables.
4. When the sausages are cold, cut each one into 4 pieces and assemble the kebabs by alternating sausage, peppers and tomato on the skewers.
5. Serve with some salad and a dip.

TIP: Try different types and flavours of sausages – great for progressing tastes.