



3-vegetable souvlaki

10'
Hands on

5'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 3 tablespoon(s) olive oil
- 100 g champignon mushrooms
- 2 zucchinis
- 2 eggplants
- salt
- pepper
- rocket, leaves, to serve
- cherry tomatoes, some, cut, to serve

Διατροφικός πίνακας

Nutrition information per portion

38 Calories (kcal)	1.7 Total Fat (g)	0.3 Saturated Fat (g)	2.8 Total Carbs (g)
2%	2%	2%	1%
2.2 Sugars (g)	1.6 Protein (g)	2.3 Fibre (g)	0.09 Sodium (g)
2%	3%	9%	2%

Method

- Heat 1 tablespoon olive oil in a [pan](#) over medium heat.
- Remove stems from mushrooms. Add the mushrooms to the pan and sauté for 3-4 minutes until they soften.
- Transfer to a [bowl](#) and season with salt and pepper.
- [Cut](#) the zucchini and eggplants into rounds 2 cm thick.
- If the eggplant is thick, cut each round in two.
- Sauté the eggplants and zucchini for 1-2 minutes in two batches adding olive oil to the pan.
- Transfer to the bowl, season with salt and pepper and mix.
- Thread the vegetables alternatively onto the wooden skewers or [inox skewers](#). Serve on top of rocket leaves with a few cherry tomatoes ([cut](#)).