

## Sausage Kebabs with BBQ sauce

### Ingredients

4 to 6 sausages  
4 shallot onions  
4 mushrooms  
½ pepper  
½ courgette

For the sauce – ½ onion, 1tbsp oil, 1 clove garlic, ½ tbsp. lemon juice, ½ tablespoon Worcestershire sauce, 1 tbsp tomato ketchup, ½ tbsp. Demerara sugar, 2tbsp natural yogurt.

### Method

1. Make up the kebabs on skewers. Grill or fry until cooked
2. Make the sauce by chopping the onion and frying in oil. Add garlic. Take off the heat add Worcestershire sauce, tomato ketchup, lemon juice, sugar and yogurt.