

Ham & Pineapple Kebabs

Ingredients

- **400 grams sliced ham off the bone or tin ham**
- **½ fresh pineapple** peeled and diced
- **2 tablespoons seeded mustard**
- **½ cup pure honey**

Instructions

1. Soak 8 long skewers in water for 10 minutes; alternatively use 8 metal skewers.
2. Preheat the BBQ to medium low.
3. Bunch a slice of ham and alternately thread it and a piece of pineapple onto the skewer.
4. In a small bowl, whisk together the mustard and honey.
5. Place the skewers on the BBQ and cook, turning every minute until golden.
6. In the last minute, generously glaze with the honey-mustard mixture, turn, glaze, turn, glaze and turn to create a glossy coat of sticky sweet and savouriness.

