



This fun onion side dish is great to eat from the stick, or you can remove the glazed onion to make a fantastic topping for burgers or hotdogs

What you'll need:

2 tbsp ketchup

½ tablespoon balsamic vinegar

1½ tablespoon clear honey or golden syrup

1 tablespoon English or Dijon mustard

1 teaspoon roughly chopped fresh rosemary leaves, plus sprigs to garnish

Oil for brushing

4 onions

You'll also need some skewers

Soak skewers in water for 30 minutes before placing on BBQ so that they don't catch alight.

It's really important to remember to ALWAYS BBQ OUTSIDE, as carbon monoxide is not harmful in open spaces!

Never BBQ inside your home or in a tent or gazebo – even if the doors are open.

How to make them:

1. Peel the onions and top and tail them.
2. Cut each one into 1.5cm slices, around the middle, so that the rings are preserved.
3. This is the tricky bit – push the skewer through each slice – as if you were making a lollipop shape.
4. Depending on size of your onions and the length of your skewer you can have just one slice per skewer or two, three or more!
5. Mix together the other ingredients and brush thickly over the onions. If you prefer a vegan option, use golden syrup in place of honey, and English mustard instead of Dijon.
6. Grill for 15-20 minutes until the onions are cooked through and beginning to char.
7. Serve with rosemary leaves.

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