

# BBQ'd Mushrooms & Summer Vegetables with a Creamy Herb Dressing



## Dressing

By [Ashley Alexander](#)

I love BBQ'd veggies—the char and smokiness on a well-seasoned, still slightly crunchy vegetable; I just can't get enough! And paired with this creamy herb, almost ranch-style dip, is oh so good. Feel free to use a mix of any vegetables you have and love, whatever is in season for you. The trick is to season the veggies well with salt, pepper, and olive oil before BBQ'ing. Then, slightly undercook them so they still have a bite to them, along with that perfect char and colour on the outside—the key is a HOT BBQ.

**SERVES** 4-6 | **PREP TIME** 20 minutes | **COOK TIME** 15 minutes | **TOTAL TIME** 35 minutes

## INGREDIENTS

### Creamy herb dressing

- 1/2 cup thick unsweetened Greek yoghurt
- 3 tablespoons whole egg mayonnaise
- 1 teaspoon Dijon mustard
- 1 garlic clove, finely grated or crushed
- Zest of 1 lemon
- 1 tablespoon fresh lemon juice
- 3 tablespoons of fresh herbs (a mix of fresh dill, basil and chives), finely chopped
- Sea salt, to taste
- Freshly cracked black pepper, to taste

### BBQ vegetables

- 6 Portobello mushrooms, halved
- A handful of Swiss Brown mushrooms, halved or kept whole
- 2 zucchini, thickly sliced
- 1 red or green capsicum, thickly sliced, and a handful of mini capsicums if available
- 1 bunch of spring onions (scallions)
- 1 bunch of fresh asparagus
- 1 bunch of broccolini
- 2-3 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- Freshly cracked black pepper

## METHOD

### Creamy herb dressing

1. In a small serving bowl, combine the creamy herb dressing ingredients.
2. Taste for seasoning and adjust as necessary.
3. Stir the ingredients together until well combined.
4. Set aside until ready to use.

## **BBQ vegetables**

1. Preheat your BBQ to high heat.
2. Arrange all the vegetables on a tray.
3. Drizzle with olive oil and sprinkle with salt and a generous amount of freshly cracked black pepper.
4. Toss the vegetables to coat evenly.
5. Grill the vegetables on the hot BBQ until charred and just cooked to your liking. Aim for a slight crunch, which should take just a few minutes.
6. Arrange the BBQ'd vegetables on a platter.
7. Serve alongside the creamy herb dressing for people to help themselves.
8. Optionally, drizzle the sauce over the vegetables and top with a sprinkling of fresh herbs.
9. Serve immediately and enjoy!

## **NOTES**

Shishito peppers would be a fantastic addition if you can find them. Add a handful along with the capsicum.

Preheat the BBQ to high heat before placing the vegetables on it. This helps achieve a nice char and ensures even cooking.

Keep an eye on the vegetables while grilling to prevent overcooking. The goal is to have vegetables with a slight crunch.

This dish is best served immediately to enjoy the grilled vegetables while they're hot and maintain their crunchiness.

Feel free to either serve the sauce alongside for people to serve and add themselves, or drizzle the sauce over the vegetables before serving, accompanied by an extra sprinkling of fresh herbs.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/bbqd-mushrooms-summer-vegetables-creamy-herb-dressing>*

Let me know if you make the recipe! x **@gatherandfeast**