



## Members Recipe Book

### Honey Mustard Barbeque Onions

Robyn Hamilton & Helen Purcell

#### Ingredients

3 red onions  
3 brown onions  
2 tablespoons olive oil  
1 tablespoon Dijon mustard  
1 tablespoon wholegrain mustard  
1 tablespoon honey  
2 cloves garlic, crushed  
¼ cup Worcestershire sauce

#### Method

- Trim and peel red and brown onions, cut into thick pieces
- Cook sliced onions on a heated oiled barbecue hotplate, turning occasionally, for about 10 minutes or until browned and tender.
- To make sauce, place all ingredients in a screw top jar and shake gently until fully combined.
- Pour honey mustard sauce over cooked onions. Toss to combine.
- Cook for 2 minutes or until glazed.
- Serve honey mustard onions with grilled meat or vegetables