

## KINGFISH SKEWERS

**SERVES:** Serves 3 as an entrée or 2 as a main

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### INGREDIENTS

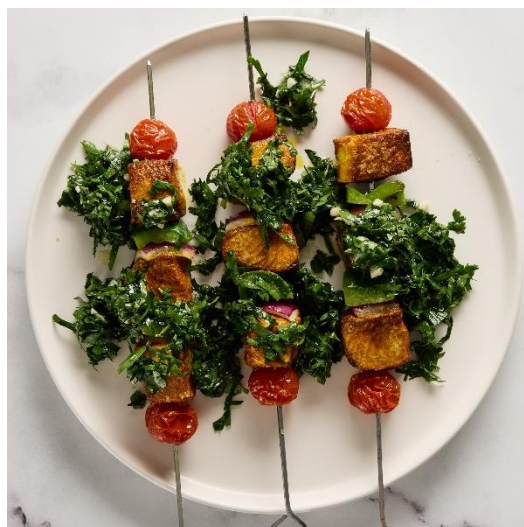
- 250-300g South Australian Yellowtail Kingfish portion, skin off
- ½ brown onion, cut into 2cm squares
- ½ green capsicum, cut into 2cm squares
- 6 x cherry tomatoes

### **Spice mix:**

- 2 tsp ground cumin
- 1 tsp paprika
- 2 tsp turmeric
- ½ tsp ginger powder
- ½ tsp garlic powder
- ½ tsp chilli powder
- ½ tsp ground coriander
- 1 tsp salt

### **Herb dressing:**

- ½ bunch parsley, picked and chopped roughly
- ½ bunch coriander leaves, picked and chopped roughly
- 1 garlic clove, chopped
- 2 tbs lemon juice
- 2 tbs olive oil
- 1 tsp salt
- ½ tsp cracked black pepper
- Salt
- Olive oil
- 3 metal skewers or bamboo skewers which have been soaked in water overnight



### METHOD

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Divide Kingfish into 9 pieces by slicing into 2cm cubes.
3. In a medium bowl, place all ingredients for the spice mix and combine thoroughly.
4. Add the cut to size Kingfish to the bowl and toss until evenly and generously coated.
5. Place the tomato, onion, capsicum and Kingfish on the skewers. Each skewer should have 3 pieces of Kingfish, green capsicum and onion, and two cherry tomatoes.
6. Place on the prepared tray and drizzle with olive oil and season with additional salt.
7. Bake for 10-12 minutes to your liking. Alternatively, grill on a barbecue. Be careful not to overcook the Kingfish.
8. While cooking, combine all ingredients for the herb dressing.
9. Once cooked, serve the skewers on a board or plate, and dress with the herbs.