

Seafood Kebabs

Makes 6 Kebabs

1 Kebab = 25g protein & 3 g carbohydrate

Gluten (wheat) & casein free



Ingredients

200g fish, cubed

100g whole squid (or calamari rings)

1 small chilli

Juice of 2 small limes

1 capsicum

12 medium green prawns, shelled

1 cup coconut milk

¼ tspn ground coriander

1 tspn lemon grass (bottled or fresh)

Method

If buying whole squid, remove the cartilage from the middle. Slice into thick rings. Place the squid into a bowl with the lime juice. Marinate for half an hour. Add the fish, coconut milk, chopped lemon grass, chilli and coriander. Marinate for another hour.

If using wooden kebabs, soak them in water for 10 minutes. Cut the capsicum into 1 and ½ cm cubes. Thread a mixture of the prawns, marinated fish and squid, and capsicum onto the skewers, alternating as you go. Cook over a heated barbeque or under the grill. When almost cooked, pour the remaining marinade over the top. Cook until the fish is falling away.

Recipe created by Vivienne Savill
Naturopath and Registered Nurse
Reg Nurse, Adv Dip Nat, BH Sci (Comp. Med)

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