

Recipe of the Week!

Swordfish Kebabs

650g swordfish steaks
(remove skin & cut in 3cm squares)
1/4 cup basil leaves, finely chopped
2 garlic cloves, crushed
1 lemon, rind finely grated, juiced
2 large zucchini
1 punnet red cherry tomatoes
olive oil cooking spray
225g tzatziki dip
Ready-made tabouli



Soak skewers in cold water for 30 minutes.

Combine basil, garlic, chilli, lemon rind, 1 tblspn lemon juice, and salt and pepper in a small bowl.

With a potato peeler, peel each zucchini into long thin ribbons.

Skewer 1 piece of zucchini 2cm from end of 1 skewer. Thread fish and tomatoes alternately onto skewer, interleaving zucchini each time.

Place skewers onto a plate. Brush with herb marinade.

Cover and refrigerate for 30 minutes

Preheat barbecue plate on medium heat. Lightly spray skewers with oil. Cook for 7 to 8 minutes, turning, or until fish is just cooked through.

Serve with tabouli and tzatziki.