

INGREDIENTS

- 1 cup Greek yoghurt
- 1 clove garlic, (minced)
- 2 teaspoon honey
- Salt and pepper to taste
- 2 lemons
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 3 tablespoon olive oil
- 600 grams firm white fish, (cut into 2cm pieces)
- 1 red onion, peeled, (sliced into thin circles)
- 1 x fennel bulb (thinly sliced)
- 2 sprigs of asparagus (sliced)
- 1 large cucumber, (sliced)
- 1 x red onion (thinly sliced)
- ¼ bunch dill, (sprigs picked)

INSTRUCTIONS

- 1) Soak your wooden skewers in a glass of water
- 2.) In a large mixing bowl, combine ½ cup yoghurt, salt, pepper, lemon zest, cumin and turmeric
- 3.) Crush 1 clove of garlic and add into bowl
- 4) Stir well to combine
- 5) Cut fish into 2cm pieces
- 6) Place the fish into a separate bowl and gently toss to coat the fish in half the marinade



Greek Fish Kebabs with Cucumber, Dill and Yoghurt



1-2 servings



25 minutes

These delicious marinated fish kebabs are the perfect dish to serve up on a spring evening. Enjoy!

Greek Fish Kebabs

INSTRUCTIONS

- 7) Keep remaining yoghurt mixture aside
- 8) Set aside to marinate for 30 minutes
- 9) Thinly slice fennel and asparagus and place into a separate bowl
- 10) Add lemon juice from ½ a lemon
- 11) Squeeze the juice of a whole lemon into another separate bowl and whisk into it the honey and a pinch of sea salt
- 12) Thinly slice red onion and cucumber
- 13) Add the onion and cucumber to the lemon/honey mixture and gently massage the dressing into it to soften
- 14) Set aside to lightly pickle
- 15) Preheat a BBQ or grill pan over a medium heat
- 16) Using clean hands, thread the fish onto soaked wooden skewers
- 17) Rub a little oil over the grill plates and cook the kebabs for 5 - 6 minutes, or until cooked through
- 18) Remove from the grill and set aside to rest for 2 minutes
- 19) Spoon the remaining yoghurt mixture onto the base of a serving platter
- 20) Toss the fennel and asparagus into onion and cucumber mixture
- 21) Place a small amount of the mixture into the serving plate
- 22) Add kebabs on top
- 23) Top with the remaining mixture
- 24) Add dill to garnish

