Swordfish Kebabs

Calories: 184.6 kcal

Servings: 4

Time: 20 Mins

Ingredients

- 0.25 cup Basil leaves (fresh, chopped finely)
- 240.00 g Cherry Tomatoes
- 1.00 pinch Chilli Flakes (dried)
- 2.00 clove Garlic (crushed)
- 15.00 ml Lemon Juice
- 0.00 whole Olive Oil (cooking spray)
- 480.00 g Swordfish Steaks, Skin Removed, Cut into 3 cm Squares
- 100.00 g Tzatziki Dip
- 450.00 g Zucchini

Instructions

1. Soak skewers in cold water.
2. Combine basil, garlic, chilli, lemon rind, lemon juice, salt and pepper in a small bowl.
3. Using potato peeler, peel each zucchini into long thin ribbons.
4. Skewer 1 piece of zucchini 2cm from end of skewer, then thread fish and tomatoes alternately ont skewer, interleaving zucchini each time, repeat with remaining zucchini, fish and tomatoes.
5. Place skewers onto a plate, brush with marinade and cover and refrigerate for 30 minutes.
6. Preheat hotplate on medium heat, lightly spray skewers with oil and cook for 7 to 8 minutes, turnir until fish is just cooked through.
7. Serve with Tzatziki - makes 2 skewers .