

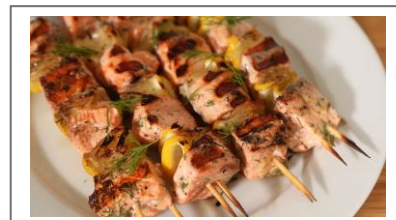
Recipe of the Month

Salmon Kebabs

Preparation time: 20 mins

Marinating time: 30 mins

Cook time: 8 mins



Ingredients

- 350g salmon fillets, about 2cm thick, cut into 5cm strips
- 5tbsp lemon juice
- 60ml white wine
- 1tbsp chopped fresh mint
- 1tbsp chopped fresh dill
- 2tbsp chopped fresh parsley
- 2tbsp minced garlic
- 1 pinch chilli flakes
- 4tbsp olive oil

Method

1. Lie the salmon in the bottom of a baking dish. Whisk together the lemon juice, wine, mint, dill, parsley, garlic and red chilli flakes in a bowl. Slowly drizzle in the olive oil, while whisking vigorously. Pour the mixture over the salmon. Marinate the salmon in the refrigerator for no more than 30 minutes.
2. Thread the salmon onto soaked wooden skewers lengthways*. Cook on preheated barbecue until cooked in the centre, about 4 minutes per side. Serve with salad or seasonal vegetables.

* Try adding either slices of lemon or courgette slices in between the salmon chunks.