

# BARBECUED FISH TIKKA

**Preparation time:** 20 minutes + 30 minutes  
marinating time

**Cooking Time:** 10 minutes

**Serves:** 2

## Ingredients

400g firm white fish steaks, cut into 16 x 2.5 cm  
chunks

1 large red (Spanish) onion, cut into 8 wedges

½ red capsicum, cut into 6 x 2.5 cm squares

½ green capsicum, cut into 6 x 2.5 cm squares

Yoghurt Marinade:

200g low fat natural yoghurt

½ onion, finely chopped

2 teaspoons finely grated ginger

2 garlic cloves, crushed

1 teaspoon ground coriander 2 tablespoons lemon juice

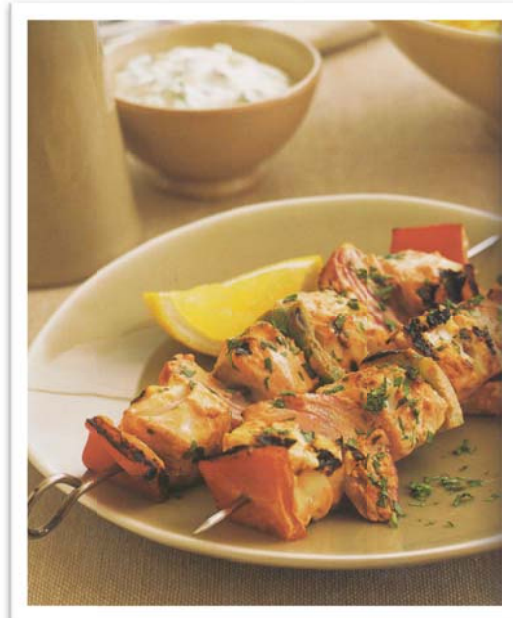
1 tablespoon garam masala

1 teaspoon paprika

1 teaspoon chilli powder, or to taste

2 tablespoons tomato paste

4 lemon wedges, to serve



## Nutritional Information:

Kilojoules 1960 kJ

Calories 470 cal

Protein 34 g

Total fat 9 g

Saturated fat 2 g

Carbohydrate 60 g

Sodium 500 mg

Fibre 4 g

GI low

## Method

1. To make the yoghurt marinade, combine all the ingredients in a non-metallic bowl and mix well.
2. To make the fish skewers, allow 4 fish chunks, 2 onion wedges and 3 squares of capsicum (a mix of red and green look good) for each skewer. Thread the fish chunks, onion wedges and capsicum squares onto the skewers in the following order: capsicum, fish, onion, fish, capsicum, fish, onion, fish, capsicum. Place in a shallow dish that is long enough to hold the skewers. Coat the skewers with the marinade mixture, cover, and refrigerate for 30 minutes to allow the flavours to develop.
3. Heat a barbecue or char-grill pan and cook the fish skewers for about 5 minutes on each side, or until the fish is cooked through and the vegetables are slightly charred on the edges.
4. Serve the fish skewers with lemon wedges for squeezing over.