

# HEALTHY COOKING

## ▶ LEMON SALMON & ZUCCHINI KEBABS

SERVES 4

### INGREDIENTS

- ▶ 3 tablespoon butter
- ▶ 1 tablespoon chives, chopped finely
- ▶ 400g salmon fillets, sliced into 2.5cm cubes
- ▶ 2 lemons, thinly sliced
- ▶ 2 medium zucchinis, thinly sliced
- ▶ 1 teaspoon each: ground cumin & ground coriander seed
- ▶ Pinch of salt
- ▶ 2 tablespoons olive oil



### PREPARATION:

Preheat a grill to a medium heat. Pre-soak 8 wooden or bamboo skewers, or use metal ones if you have them.

Mix the butter and chives together in a small bowl and set aside. In another small bowl mix the cumin, coriander and salt. For each kebab use 2 skewers, this will help to hold the salmon together better. Thread alternating slices of salmon, zucchini and lemon on to the skewers, folding the lemon slices in half as you thread them.

Brush the kebabs lightly with olive oil and sprinkle with the cumin, coriander and salt mixture. Grill for 6-8 minutes, turning once or twice in this time.

Serve with the chive butter and a side salad (included in nutritional analysis).

### Each serving:

**Protein: 20.0g | Carbohydrate: 5.8g**

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