



★ **StarChic** recipes

Cooking time: 20 minutes

Dinner in less than **20** mins

Delicious and healthy monkfish kebabs for friends or family to enjoy

- 1 kilo/2.2lb monkfish fillet, cut into 4cm cubes
- 250g Glenisk Natural Organic Yoghurt
- 4 tbsp lemon juice
- 3 cloves garlic, crushed
- 3 tsp freshly grated ginger
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander seeds
- 2 fresh chillies finely sliced
- Sea salt/black pepper

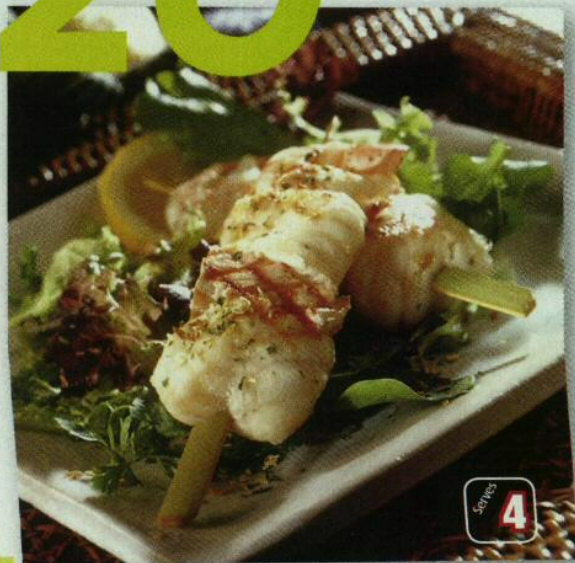
To garnish:
Finely chopped fresh coriander

Lime slices
Fresh chilli

Mix all spices together with the yoghurt, pour over the fish and cover. Marinade the mixture overnight.

Skewer the monkfish on eight metal skewers. Grill under a preheated hot grill for 7-10 minutes until the fish is cooked through, turning once

Garnish with salt and pepper and serve with salad and raijta. See www.glenisk.com for the raijta recipe.



Glenisk & Macreddin Village Organic Recipe, created by Norman Luedke