

(Served with potato garlic, barbeque sauce and mixed green salad)

• 5 gr chopped fresh

• 1 tsp chili powder

• 1 tsp salt and pepper

coriander

Serves	Preparation time	Cooking time
3	1 hour	20 mins

Kebab

Ingredients:

- 200 gr Marlin, or other firm 50 gr green pepper fish fillet
- 150 gr cleaned squid
- 200 gr Prawn
- 50 gr onion
- 50 gr red pepper

Method:

- Cut all ingredient into cubes then mix with chopped coriander and chilli.
- Season with chilli powder, salt and pepper.
- Place on skewer as in the photo.
- Reserve until ready to grill.
- Place on the hottest part of your grill and cook for 10 minutes until cooked while constantly brushing with the barbecue sauce.
- Remove from the grill and serve with garlic potatoes.

Presentation:

Place two of the kebabs on the stand, and one on the plate with the potatoes, mixed greens salad and a ramiken of barbecue sauce.

Garlic Potatoes

Ingredients:

- 200 gr potato
- 5 gr garlic
- crispy
- 25 gr bacon, cooked until
- 5 gr parsley
- Salt and pepper to taste

• 1 tsp Lea and Perrins

• 1 Tbsp Honey

Worcestershire sauce

• Salt and pepper to taste

Method:

- Boil the potatoes in salted water until cooked.
- · Once they are knife tender, remove from the water by gently straining into a colander.
- After they have cooled to the touch, cut the potatoes into cubes.
- Saute with Garlic, bacon, and season with salt/pepper and chopped parsley.

Barbeque Sauce

Ingredients:

- 100gr Tomato
- 50 gr tomato sauce
- (ketchup)
- 1 tsp mustard

Method:

- Boil fresh tomatoes first then remove the outer skin and seeds.
- Blend until smooth.
- In a saute pan, add the tomato, garlic and dry spices, cook for five minutes.
- Add the honey, Lea and Perrins sauce and season to taste with salt and pepper.

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