



Citrus Lemon Sole Skewers

Prep time: **15 minutes + 15 minutes marinating**

Cooking time: **6 minutes**

Serves: **4**

Skill level: **Easy Peasy**

Recipe by: **Seafish**

Sweet Citrus marinated Lemon Sole for easy grilling or barbecue. Quick to prepare and grill for delicious dish

Ingredients

- 4 x 170g lemon sole fillets, skinned
- Salad, to serve
- 8 tbsp spicy tomato sauce, to serve
- 8 wooden skewers, soaked in cold water for 30 minutes

For the marinade

- Juice and zest 1 lemon
- Juice and zest 2 limes
- 1 tbsp clear honey
- 1 tbsp olive oil

- 1 tsp ground coriander
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tbsp chopped fresh mint

The method

1. Mix all of the marinade ingredients together and place in a shallow non-metallic dish.
2. Halve each lemon sole fillet lengthways and thread onto the skewers. Place the skewers in the marinade and turn until covered. Cover and leave to marinate for up to 15 minutes.
3. Preheat the barbecue or grill.
4. Cook the skewers on the barbecue or under the grill for about 6 minutes, turning occasionally. Serve with the salad and tomato sauce.

Nutrition information

Per serving

- 214 kcal
- 4.5g fat
- 0.7g saturates
- 15.7g carbohydrate
- 15g sugars
- 2.1g fibre
- 29.9g protein
- 1.1g salt