

# TUNA SKEWERS

**Time: 30 minutes (plus overnight marinating)**

**Serves: 2**

### Ingredients:

2 tablespoons extra virgin olive oil  
1 tablespoon fresh lemon juice  
¼ teaspoon kosher salt  
¼ teaspoon fresh ground black pepper  
¼ teaspoon cayenne pepper  
½ teaspoon paprika  
1 clove garlic – finely chopped or crushed  
1 pound tuna loins (or other firm fish) – cubed to 1”  
1 medium onion – cut into eight wedges  
2 Roma tomatoes – quartered

### Preparation:

In a small bowl, mix together the olive oil, lemon juice, salt, black pepper, cayenne and garlic.

Place the fish in a zipper seal bag along with the marinade, remove any excess air and refrigerate overnight.

Preheat your barbecue grill on medium.

Skewer the fish cubes alternating with the onion and tomato pieces using a total of four skewers. Reserve left over marinade for basting.

Place the skewers on the grill for five minutes, then turn, baste and cook for another five minutes or until fish is cooked through.

Remove the skewers from heat, let rest for two minutes, then serve.

### **Nutritional Information Per Serving (assuming half of marinade runs off):**

Calories: 338  
Fat: 10g  
Carbs: 10g  
Fibre: 2g  
Protein: 51g