



# Monkfish Kebabs with Coriander, Mint and Walnut Chutney

**Makes:** 4

**Prep time:** 15 minutes

**Cook time:** 10 minutes

These kebabs will work with a different white fish if you can't find monkfish, although do make sure that it's firm and meaty. Cod loin or cheeks would make a good substitute. The chutney is rich from the nuts and fragrant with herbs: try it with other fish or grilled chicken, too.

## For the kebabs:

600g monkfish or other firm white, chunky fish (such as cod or cod cheeks), cut into large chunks

½ teaspoon ground turmeric

1 teaspoon coriander seeds

1 teaspoon fennel seeds

1 teaspoon chilli powder

1 tablespoon neutral oil (such as vegetable or groundnut)

½ teaspoon salt

## Method:



**1.** Lightly toast the coriander and fennel seeds in a dry frying pan, then crush or grind them to a powder. Mix with the chilli powder, turmeric, salt and 1 tablespoon neutral oil.



**2.** Add the chunks of fish and mix well to coat. Set aside while you make the chutney.

**3.** Combine all the chutney ingredients with a splash of water in a blender, and whizz to a paste. Set aside.

### **Ingredients Continued:**

#### **For the walnut chutney**

75g coriander  
30g mint  
100g walnuts  
1 green chilli  
2 tablespoons lemon juice  
2 cloveS garlic  
Large pinch salt  
Pinch sugar

#### **To serve**

Flatbreads or other wraps, or rice  
Shredded white cabbage, cucumber  
or salad leaves

### **Method Continued:**



**4.** Preheat two gas burners on the Jupiter Outback BBQ. Thread the fish onto skewers.

**5.** Cook the fish for around 3-4 minutes on each side, or until cooked through.

**6.** Serve the fish kebabs with the chutney, some salad and flatbreads or rice.