



Salmon kebab

NIBBLEDISH CONTRIBUTOR

Ingredients

- medium-sized salmon fillets, dab dry with paper towel, season with salt and pepper, cut into chunks, - some blanched broccoli, - some bell peppers, pineapples (option) ; (for skewer) - long beans, carrots, some ginger and garlic, pinches of herbs (for saute)

Instructions

1. Skewer the salmon, broccoli, bell peppers, drizzle some olive oil on the kebab 2. Bake in oven at 395F for about 8-10 mins (Note: Eyeball the baking process to check for white "beads"* appearing on the salmon. Once the white beads* forms, the salmon is cooked. Do adjust the baking time accordingly, depending how thick your salmon fillets or fillet chunks are) 3. Meantime, heat up some oil in a saute pan, fry some crushed ginger and garlic at low heat, then add in the long beans and carrots. Fry lightly for about 5mins, till long beans and carrots are cooked till tender. Add in dried oregano, and mix well 4. Lay them on a plate 5. By this time, the fish kebab is already cooked. Remove from oven, place on bed of vegetables, and eat immediately while warm