

Sweet Monkfish Skewers

Explore our delightful recipe for Sweet Monkfish Skewers, a tantalizing blend of flavors. These succulent skewers offer a perfect balance of sweetness and tenderness, making them a must for seafood lovers.



Preparation 10 min

Cooking 10 min

Servings 3

Nutrition Facts (per serving)

Calories 400 kcal

Fat 15 g

Carbohydrates 35 g

Fibre 3 g

Protein 35 g

Sodium 165 mg

- 5 mL (1 tsp.) jarred garlic or 2 cloves of fresh garlic
 - 45 mL (3 tbsp.) oil
 - 45 mL (3 tbsp.) honey or maple syrup
 - Zest of one lemon
- In a bowl, mix the marinade ingredients and marinate in the refrigerator for 5 minutes before grilling.

Preheat the barbecue to medium heat and oil the grill.

- Thread the fish and vegetables onto the skewers, alternating between them. Finish with a lemon zest quarter.



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pieces and coat them well. Cover