

Salmon Kabobs

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 tbsps Raw Honey
- 2 Lemon (sliced into thin rounds)
- 1/2 tsp Black Pepper
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	298	Iron	1mg
Fat	16g	Vitamin D	0IU
Carbs	11g	Folate	43µg
Fiber	0g	Magnesium	44mg
Protein	28g	Zinc	1mg
Vitamin C	12mg		

DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 In a mixing bowl, mix the parsley, black pepper, sea salt, honey and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 03 Slide a piece of salmon onto a BBQ skewer, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 04 Toss with a splash of olive oil and season with sea salt and black pepper to taste.
- 05 Grill for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

NOTES

RECIPE ID 309

TIME SAVER

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.