
Asian-Inspired Fresh Fish Skewers

Total time: 1 hr 10 min Yield: 4 servings

Ingredients

1 pkg wooden skewers (6")
6 clove garlic
3 Tbsp ginger (grated)
1 cup green onion (rough chop)
2 cup cilantro (rough chop)
1/2 cup peanut oil
1/4 cup soy sauce
1 Tbsp Sriracha sauce
1 Tbsp fish sauce
1 Tbsp sesame oil
salt
pepper
8 oz mushrooms (stems removed)
1 red bell pepper (large, 1" pieces)
1 yellow bell pepper (large, 1" pieces)
1 red onion (1" square pieces)
1 Asian eggplant (1/4" rounds)
1 zucchini (1/4" rounds)
16 oz grape tomatoes
2 lb fish fillets (fresh, firm, 1" pieces)
non-stick cooking spray

Prep Time: 1 hr Cooking Time: 10 min Total Time: 1 hr 10 min

Instructions

Place the skewers in a bowl of water; let soak for 30 minutes. Combine the garlic, ginger, green onion, cilantro, peanut oil, soy sauce, Sriracha sauce, fish sauce, sesame oil and salt and pepper to taste in a blender and puree until smooth. Set aside.

Place the mushrooms, red and yellow bell peppers, red onion, eggplant, zucchini, tomatoes and fish into a large bowl or pan. Pour the marinade over the veggies and fish and gently mix together. Cover and refrigerate for 20 to 30 minutes to marinate.

Preheat a grill or grill pan to high. Remove the wooden skewers from the water, then randomly thread them with fish and vegetables. Spray the grill with non-stick cooking spray and grill the skewers for 4 to 5 minutes per side, or until done. Enjoy this end-of-summer treat on Labor Day with your favorite sides!

Recipe brought to you by:

Chef Ryan Covert