



## the goodness of grilling

### Scallop and fish skewers with tomato salsa

You need to soak 12 bamboo skewers in cold water for at least an hour before use to prevent them from splintering or burning during cooking.

500g white fish fillets, cut into 2cm pieces

500g scallops, roe removed

1/3 cup finely chopped fresh basil

1/4 cup (60ml) red wine vinegar

2 tablespoons olive oil

1 teaspoon cracked black pepper

3 large egg tomatoes (270g),  
cut into 1cm pieces

250g yellow teardrop tomatoes, halved

250g cherry tomatoes, halved

1/2 cup loosely packed fresh  
basil leaves, torn

#### red wine vinaigrette

2 tablespoons red wine vinegar

1/4 cup (60ml) olive oil

1 teaspoon dijon mustard

1 teaspoon caster sugar

- 1 Thread fish and scallops, alternately, onto skewers; place in large shallow dish, drizzle with combined chopped basil, vinegar, oil and pepper
- 2 Make red wine vinaigrette.
- 3 Cook skewers on heated oiled grill pan until cooked as desired.  
Place fish on large sheet of oiled foil. Fill fish cavity with seasoning; brush fish all over with spice mixture. Seal foil to enclose fish.
- 4 Meanwhile, place tomatoes, torn basil and vinaigrette in medium bowl; toss gently to combine.  
Serve salad with skewers.

**red wine vinaigrette** place ingredients in screw-top jar; shake well



Photographer: Steve Brown, Stylist: Jane Hann.

**preparation time** 30 minutes **cooking time** 10 minutes **serves** 4

**nutritional count per serving** 26.7g total fat (4.3g saturated fat); 1827kJ (437 cal); 6.4g carbohydrate; 41.6g protein; 3.5g fibre

**tip** we used blue-eye in this recipe, but you can use any firm white fish.

More recipes from Grill – grill-pan & barbecue in the October '08 issue of *Healthy Options*.