

RECIPE | TOMATOES



MEDITERRANEAN WHITE FISH SKEWERS



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18 min

10 min
PREP.

8 min
COOKING



4



easy

INGREDIENTS

- 12 oz** Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-The-Vine
- 4** bok choy, halved
- 4** purple potatoes, halved and boiled
- 3** lemons, sliced
- 1 lb** cod, cut into pieces
- 2 tbsp** extra virgin olive oil, divided
- Salt and pepper, to taste
- Fresh dill, for garnish
- Wooden skewers

DIRECTIONS

- 1 Heat the grill to high.
- 2 Skewer a lemon slice, 2 tomatoes, and a piece of cod. Repeat layering ingredients and finish the skewer with a slice of lemon.
- 3 Brush the skewers with 1 tablespoon of oil and season with salt & pepper.
- 4 Drizzle bok choy with 1 tablespoon of oil and season with salt & pepper to taste.
- 5 Grill bok choy for 1-2 min per side, potatoes face down for 5 minutes & skewers until cod is cooked through, turning once, about 6 to 8 minutes.
- 6 Garnish with dill & serve.

Pro Tip: If using wooden skewers soak them in water for 30 minutes before grilling