

Herring with Red Pepper Herring

SERVES 2-4

4 x 170g (6oz) herring or mackerel fillets,
fresh or defrosted, cleaned and boned
1 large red pepper, cubed
4 wooden kebab sticks



MARINADE

3 x 15ml spoon (3 tablespoons) sunflower oil
grated rind and juice of a lime
1 x 15ml spoon (1 tablespoon) fresh orange juice
salt and freshly ground black pepper

MICROWAVE POWER: 800 Watt

- 1 Cut each herring into 4 crosswise.
- 2 Thread the herring and red pepper alternately onto the wooden kebab sticks.
- 3 To make the marinade, mix all the ingredients together and brush over the fish and pepper.
- 4 Arrange the kebabs on a suitable shallow dish (so that the ends are supported). Cover and cook on HIGH for 2-3 minutes, until the fish is cooked. Leave to stand for 2 minutes.
- 5 May be served with a green salad.

