

Easy Salmon Kebabs

Prep Time: 20 Min **Cook Time:** 10 Min **Total Time:** 30 Min
Serves 4

Ingredients

- 3 tablespoons olive oil
- 1 ½ tablespoons fresh Italian flat-leaf parsley, finely chopped
- 2 garlic cloves, finely minced
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 ½ pounds wild salmon fillet (skinless), cut into 1-inch cubes
- 2 bell peppers, cut into pieces roughly the same size of salmon cubes
- 2 large lemons, 1 sliced into very thin rounds, 1 cut into wedges for serving
- 8 metal skewers (if using wooden skewers, soak in water for at least 1 hour prior to grilling)

Instructions

- 1 Heat your grill over medium heat.
- 2 In a small bowl add the olive oil, parsley, and garlic. Whisk together until well blended. Set aside.
- 3 Using 2 skewers for each kebab, thread alternating pieces of salmon, bell pepper, and lemon that's been folded in half. Repeat until you have 4 kebabs.
- 4 Using a brush or spoon, cover the kebabs on all sides with the oil and seasoning mixture. Then sprinkle the kosher salt and black pepper evenly on both sides.
- 5 Grill the kebabs, turning 1-2 times, until the salmon is opaque (between 6-8 minutes).
- 6 Squeeze fresh lemon juice on top of each kebab. Serve immediately.

Notes

Tip #1: Using 2 skewers for each kebab keeps the food from spinning in circles when you flip it on the grill.

Tip #2: When buying the salmon, you want a thicker filet as opposed to a thinner, flatter filet. Also, ask your fish monger if they're willing to remove the skin for you.

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