

Swordfish Souvlaki

Ingredients:

- 2 swordfish steaks, diced into 3cm cubes (skin off)
- 4 tablespoons lemon juice
- 2 tablespoons olive oil
- Spray oil
- Cracked black pepper
- Salt
- 1 tablespoon dried oregano
- 4 pita breads
- 80g baby spinach leaves
- 2 tomatoes, sliced thinly
- 2 Lebanese cucumbers, sliced thinly
- Tzatziki

Method:

Mix together olive oil, lemon juice, oregano, salt and pepper. Evenly coat the swordfish in the marinade and allow to marinate for a maximum of one hour.

Pre-heat a chargrill plate or barbeque to medium-high. Thread the chunks of swordfish evenly onto skewers. Add fish skewers to grill and cook for 4-5 minutes, turning occasionally.

Spray pita bread with oil and grill lightly until heated through. Arrange tzatziki, swordfish, tomato, spinach and cucumber on the pita bread, roll, and eat!

