



Lobster, Shrimp and Mahi Mahi Kebabs

with Black Bean Rice and Pico de Gallo

KEBABS

- 1 lb. mahi mahi filet cut into 2 oz. square pieces
- 4 ea. warm water lobster tails, shell off and cut into ½-inch slices
- 20 ea. tiger shrimp shelled and deveined
- 2 ea. red onions peeled, quartered then cut into 4 squares
- 2 ea. red bell pepper deseeded, halved then cut into one and a half inch squares
- 2 ea. green bell pepper deseeded, halved then cut into one and a half inch squares
- 10 ea. bamboo skewers

To prepare the kebabs:

1. Soak the bamboo skewers in water for 40 minutes (this prevents burning while cooking).
2. Push the following ingredients onto the soaked skewers in this order (one piece at a time) red bell pepper, mahi mahi, red onion, lobster, green bell pepper, tiger shrimp, red bell pepper. Repeat.
3. Brush the kebab with olive oil, then place on a hot bar grill. For the best flavor, cook on a barbecue chargrill.
4. While cooking all sides of the kebab, sprinkle with salt and ground black pepper and spray sparingly with lemon juice.
5. When the lobster and shrimp are firm to the touch and have a pink color all around, the kebabs will be ready. To double-check, gently pull the skewer toward yourself. If the skewer gives way, the kebab is cooked.

BLACK BEAN RICE

- 8 oz. kidney beans drained and washed
- 1 tsp. chopped thyme
- 300 ml coconut milk
- 3 l water
- 2 Tbs. salt
- 1 Tbs. ground black pepper

To prepare the rice:

1. Mix all the ingredients together, season with salt and ground black pepper.
2. Cover with buttered greaseproof paper.
3. Place in oven at 320° for 40 minutes until all the water is absorbed.

PICO DE GALLO

- 4 ea. plum tomatoes
- 1 ea. red onion finely chopped
- 1 bunch cilantro finely chopped
- 1 bunch spring onions finely sliced
- 1 ea. lime juiced and zested
- 300 ml olive oil
- 1 Tbs. salt
- 1 Tbs. ground black pepper

Gently mix all the ingredients together, including the grated lime zest and juice.

GARNISH

3 ea. 6" spinach tortilla (soft)

3 ea. 6" sundried tomato tortilla (soft)

Slice the tortilla into 6 wedges and deep fry both sides in vegetable oil until crispy; drain on a paper towel and cool to room temperature.

ASSEMBLY

Lay the black bean rice onto the center of the plate and “pat” down. Place the kebab onto the black bean rice and remove the skewer (the skewer can also be left in if preferred). Garnish each grilled seafood item with ¼ teaspoon of pico de gallo. Garnish the kebab with the fried tortilla as per picture, and enjoy!