

30 minutes

Serves 4

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Ingredients

Salad:

- 4 mielies, charred and kernels removed
 - 1 packet (350g) PnP medley tomatoes, quartered
 - Handful fresh coriander
 - 3-4 jalapeños, sliced
 - Glug olive oil
 - Juice (80-120ml) of 3-4 limes
 - Grated peel of 2 limes
 - Salt and milled pepper
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- 800g tuna fillets, cubed
 - Glug olive oil
 - Juice (60ml) of 1 lemon or 2 limes

Dressing:

- 1 avocado
- ½ cup (125ml) plain yoghurt
- ½ punnet (10g) fresh coriander
- Juice (60ml) of 1 lemon

Method

1. Toss salad ingredients together and set aside.
2. Season fish cubes and thread onto pre-soaked bamboo skewers or metal skewers (add a few slices of lemon or lime in between if you like).
3. Heat oil until almost smoking.

4. Fry skewers for about 30 seconds per side.
5. Remove from pan and drizzle with lemon or lime juice.
6. Blitz dressing ingredients with a stick blender until smooth. Season.
7. Arrange skewers on top of salad and serve with dressing on the side.

Even better on the braai! Brush with melted butter or oil, and cook over medium to hot coals for about 3 minutes a side or until fish is cooked through.

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