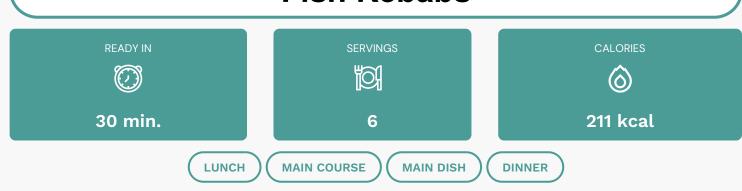


# Fish Kebabs



## Ingredients

1 lb tilapia skinless cut into 1-inch pieces
6 servings mint-cilantro chutney spread shopping list
2 tablespoons yogurt plain such as greek) thick
1 teaspoon to 2 chilies slit fresh green such as serrano or thai, including seeds, or to taste minced
0.3 teaspoon ground cumin
1.5 cups vegetable oil
0.5 cup breadcrumbs dry fine
0.3 teaspoon ground coriander
0.3 teaspoon turmeric

	0.3 cup cilantro leaves fresh finely chopped	
	0.5 teaspoon salt	
	1 tablespoon frangelico grated fresh (with a rasp) peeled	
	2 teaspoon frangelico grated (with a rasp)	
	18 serving frangelico (6-inch)	
Equipment		
	food processor	
	bowl	
	frying pan	
	paper towels	
	wax paper	
	skewers	
	tongs	
Directions		
	Purée fish with yogurt in a food processor until smooth.	
	Stir together ginger, garlic, chile, salt, cumin, coriander, and turmeric in a large bowl, then add fish and cilantro and stir until seasonings are evenly distributed.	
	Spread bread crumbs on a plate. Wet hands slightly, then form 2 tablespoons fish mixture into an oval about 3 inches long. Flatten oval slightly, then transfer to crumbs and turn to coat lightly.	
	Transfer to a tray lined with wax paper. Make about 17 more patties in same manner.	
	Heat 1/2 inch oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then fry patties in 2 batches, gently turning over once or twice with tongs, until golden and just cooked through, 2 1/2 to 3 minutes per batch.	
	Transfer as fried to paper towels to drain.	
	If serving as an hors d'oeuvre, put each patty on a skewer and serve with chutney for dipping. If serving as a first course, divide patties among 6 plates (about 3 per person) and drizzle with chutney.	

Patties can be formed and coated (but not fried) 3 hours ahead and chilled, covered.

### **Nutrition Facts**

PROTEIN 31.79% 📕 FAT 54.36% 📒 CARBS 13.85%

#### **Properties**

Glycemic Index:7, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:9.8134781925575%

#### **Flavonoids**

Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

#### Nutrients (% of daily need)

Calories: 210.61kcal (10.53%), Fat: 12.78g (19.66%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.78g (2.47%), Sugar: 1.14g (1.26%), Cholesterol: 37.93mg (12.64%), Sodium: 325.57mg (14.16%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 16.81g (33.63%), Selenium: 34.15µg (48.78%), Vitamin K: 24.48µg (23.32%), Vitamin B12: 1.27µg (21.11%), Vitamin B3: 3.58mg (17.88%), Vitamin D: 2.34µg (15.62%), Phosphorus: 155.24mg (15.52%), Vitamin E: 1.23mg (8.19%), Vitamin B1: 0.12mg (8.18%), Potassium: 272.27mg (7.78%), Folate: 29.17µg (7.29%), Vitamin B6: 0.14mg (7%), Magnesium: 26.53mg (6.63%), Manganese: 0.13mg (6.31%), Vitamin B2: 0.1mg (5.98%), Iron: 0.99mg (5.48%), Vitamin B5: 0.47mg (4.66%), Copper: 0.08mg (4.24%), Calcium: 39.53mg (3.95%), Zinc: 0.46mg (3.07%), Fiber: 0.55g (2.18%), Vitamin A: 85.01IU (1.7%)