

SPOTLIGHT RECIPE

MIXED GRILLED KEBABS WITH GUAVA BARBECUE SAUCE

For the sauce

- Heat the oil in a saucepan over medium-high heat. Add the onion and garlic; sauté 3 to 5 minutes or until tender. Stir in the guava nectar and the remaining ingredients.
- Cook over medium-low heat, stirring occasionally, 5 minutes or until the mixture is slightly thickened.

For the kebabs

- Thread the fish, shrimp and vegetables on skewers. Brush with the olive oil; sprinkle with salt and pepper. Grill over medium-high heat (350 F to 400 F for 4 minutes).
- Flip the skewers, and then brush with 1/4 cup sauce. Cook 5 minutes or until the fish flakes with a fork.
- Serve the skewers with the remaining sauce on the side.

Ingredients

Servings: 4

For the sauce

- 1 tablespoon coconut oil or vegetable oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1/2 cup guava nectar
- 8 ounces guava paste or jelly
- 1/4 cup molasses
- 1/3 cup cider vinegar
- 2 tablespoons tomato paste
- 1 teaspoon ground allspice
- 1 teaspoon smoked paprika
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt

For the kebabs

- Skewers
- 1 pound boneless fish fillets, cut into bite-size pieces
- 1 pound shrimp, peeled and deveined
- 1 yellow bell pepper, cut into pieces
- 1 orange bell pepper, cut into pieces
- 1 red onion, cut into wedges
- 1 pint cherry tomatoes
- Olive oil
- Salt
- Freshly ground black pepper