

# Cuban-spiced fish, fennel & mango skewers

Search:

- [Dinner](#)
- [Recipes](#)

## Cuban-spiced fish, fennel & mango skewers

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");

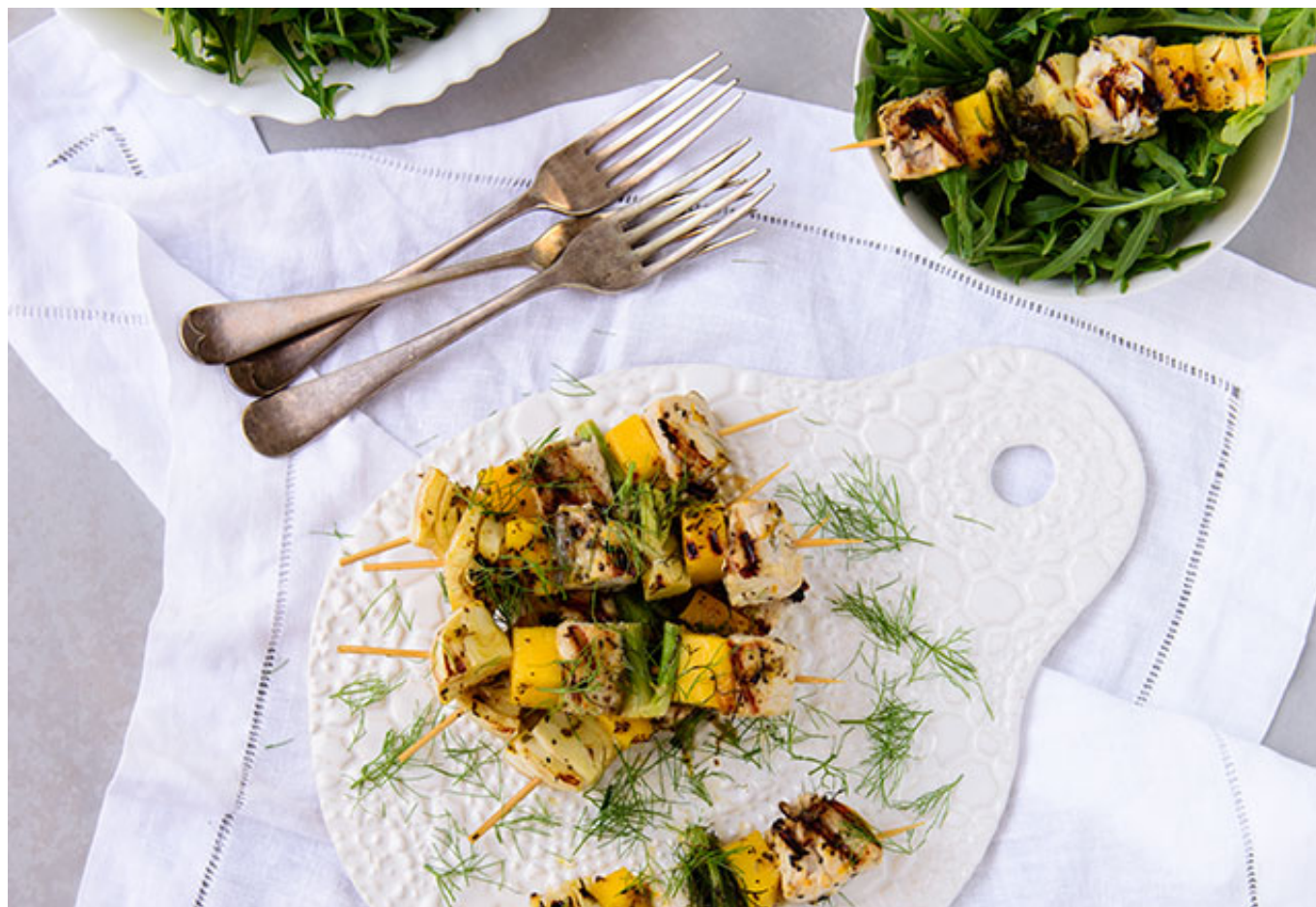


```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Cuban-spiced fish, fennel & mango skewers

---



Rate this recipe

0 people are cooking this [Count me in](#)

Jennifer Jenner spices up the grill with this cuban-spiced fish.

### Ingredients (serves 4)

- 600 g barramundi (or other firm white fish)
- 1 firm mango, peeled
- 1 bulb fennel
- FOR THE MARINADE
- 2 tsp ground cumin
- 2 tsp dried oregano leaves
- 1 clove garlic
- 2 tsp lime juice
- 1 tbsp orange juice
- Zest from 1 orange
- 1 tbsp olive oil
- ½ tsp salt

### Method

In a small bowl, combine marinade ingredients and whisk well. Remove fronds from fennel and reserve. Cut fish, mango and fennel bulb into 2 cm cubes. Thread ingredients onto skewers, pour

---

## Cuban-spiced fish, fennel & mango skewers

---

over marinade, turn to coat. Preheat BBQ grill or grill pan to medium, cook skewers for 5 to 10 minutes until fish flakes easily (cooking time will depend on what kind of fish you use). Garnish with fennel fronds to serve.

Recipe by [84thand3rd](#).

NEXT: [Kimchi pork belly kabobs](#).

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('result').html(data); alert('This recipe was added to your favorites list'); }); }
```