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Because the first Wealth, is Health!

Tasty Tuna Skewers



- ½ teaspoon vegetable oil or peanut oil
- 1 teaspoon minced ginger
- 1 clove garlic minced
- 2 tablespoons peanut butter
- 1 cup light coconut milk
- ½ teaspoon low sodium soy sauce
- 1 teaspoon Tabasco
- 450g Yellow fin tuna, cut into long pieces
- Juice of 1 lime



Soak 8 wooden skewers in cold water for at least 20 minutes.

Heat the oil in a medium saucepan over a medium heat. Cook the ginger and garlic until lightly toasted - about 1 minute. Add the peanut butter, coconut milk and soy sauce. Simmer on a low heat for 10 minutes. Add the lime juice and Tabasco and remove from the heat.

Heat up a grill or stove-top griddle pan. Thread each piece of tuna onto a skewer and brush it all over with the sauce.

Cook for about 2 minutes on each side, until charred on the outside but still pink in the centre. Serve the skewers with the remaining sauce.

Who do you know that needs to get a health result?

If you know anyone who could benefit from our products, please let me know.



Run your own weight loss challenge – Agents Needed!