



# BBQ Cod Fish Fingers with Vegetables Skewers

## Ingredients:

- 1 packet **Pacific West Cod Fish Fingers**
- 100g Green Capsicum, cut into 20 small pieces
- 100g Red Capsicum, cut into 20 small pieces
- 50g Onion, cut into 20 small pieces
- 60g Carrot, cut into 20 small pieces
- 10 Cherry tomatoes

Some BBQ sauce for roasting

## Method:

1. Place Pacific West Cod Fish Fingers onto a baking pan. Bake in the preheated oven at 220°C for 10 minutes, turning over halfway through baking.
2. Skewer cod fish with vegetables and arrange onto a roasting pan, brush with BBQ sauce and bake for another 4 to 5 minutes (Turn them over while baking).
3. Serve while it's hot.

