

MONKFISH & PRAWN SKEWERS WITH LENTILS

Serves 4 - takes 30 minutes from start to serving

Ingredients

200g brown lentils
5 vine-ripened tomatoes
1 onion, finely chopped
2 garlic cloves, finely sliced
2 tsp smoked paprika
Few sprigs of picked-off thyme leaves
Olive oil
600g monkfish, cut into cubes
12 large raw prawns
1 green pepper, cut into chunks
1 courgette, cut into chunks
1 red onion, cut into thin wedges

Method

30 minutes before serving

Boil a kettle of water. If you are using a charcoal barbecue, light it now.

Put the lentils in a medium saucepan and cover with cold water, adding a generous pinch of salt. Bring to the boil, then simmer gently for 20 minutes until almost cooked.

Meanwhile, peel the tomatoes by scoring a cross in the base of each, and then place in a bowl and cover with just-boiled water. Leave for 30 seconds, then pour away the hot water and cover in cold water. Peel off the skins and roughly chop the flesh.

Finely chop the onion and finely slice the garlic cloves. Cut the monkfish into cubes. Slice the back of the prawns so that they will butterfly. Cut the green pepper and courgette into chunks. Cut the red onion into thin wedges.

20 minutes before serving

Add a little olive oil to a frying pan over a medium heat, and then add the finely-chopped onion, garlic, paprika and thyme and gently cook for 10 minutes until softened.

Thread the cubes of monkfish, pepper and courgette, the prawns and red onion wedges onto metal skewers.

Add the tomatoes to the frying pan and season well.

10 minutes before serving

If you are using a gas barbecue, light it now.

Add a splash of the water from cooking the lentils to the frying pan. Drain the lentils, add them to the frying pan and leave to cook for five minutes until the lentils are tender.

Drizzle olive oil over the skewers and season, then put them on the barbecue and sear them for 2-3 minutes on each side until the fish is cooked and the vegetables are tender and a little charred.

Serving

Serve the lentils topped with the skewers and a good drizzle of olive oil.