

FISHY MENU FOR TWO

Salt and pepper squid

Serves 2, takes 10 minutes

- * Squid - 1, large, cleaned and sliced into rounds
- * Corn flour - a couple of spoonfuls
- * Vegetable oil - a glug
- * Green chili - half, deseeded and finely sliced
- * Ginger - a thumb sized piece, finely chopped
- * Lemon - to serve

Place the corn flour in a bowl and season with salt and pepper. Toss the squid in the corn flour so that it is lightly coated.

Heat the oil in a frying pan on a high heat and fry the chili and ginger for a few minutes. Add the squid and fry until golden and just cooked through. It will only take a couple of minutes. Serve immediately with a wedge of lemon.

Roasted monkfish with fresh herbs

Serves 2, takes 5 minutes preparation plus 15 minutes cooking time

- * Monkfish - 1 tail, cleaned, fat removed
- * Parsley - a handful, chopped
- * Rosemary - 1 tbsp, finely chopped
- * Lemon - 1

Preheat the oven to 190 degrees C (or reduce the temperature if the potatoes are already cooking). Season the fish with salt and pepper, sprinkle over the herbs and squeeze the juice of half a lemon on top. Roast for 15 minutes. Serve with a wedge of lemon.

Roasted potatoes

Takes 5 minutes preparation plus 40 minutes cooking time

- * New potatoes - a couple of handfuls
- * Rosemary - 1 tbsp, finely chopped
- * Olive oil - a couple of glugs

Preheat the oven to 220 degrees C. Toss the potatoes in the rosemary, olive oil, salt and pepper. Roast for 30 minutes. If you are cooking the monkfish at the same time, reduce the oven temperature after 25 minutes to 190 degrees, then add the fish for the final 15 minutes of cooking time.

Celery, baby spinach and walnut salad

Serve 2, takes 5 minutes

- * Celery - a couple of stems, sliced
- * Baby spinach - a few handfuls
- * Walnuts - a handful, shelled and chopped
- * Dijon mustard - 2 tbsp
- * Balsamic vinegar - 2 tbsp
- * Honey - 1 tbsp
- * Water - 1 tbsp
- * Olive oil - a couple of glugs

Mix the celery, spinach and nuts in a large bowl. Whisk together the remaining ingredients in a glass and dress the salad.