

INGREDIENTS:

700g monkfish cut into one-inch cubes

12-15 cherry tomatoes

1 Spanish onion

2 lemons and the juice of a third

2 red peppers

1 large garlic clove crushed to a paste with a little salt

3 tablespoons olive oil

Sea salt

Freshly-ground black pepper

1 heaped tablespoon herbes de Provence

TIME: 45 mins**SERVING:** 4-6 people

Place wooden skewers to soak in a jug of water. Whisk together the oil, lemon juice, herbs and garlic. Season the monkfish cubes generously. Cut the onion in half across the middle then quarter each half and separate the segments. Cut each lemon into eight segments similarly. Top and tail the red peppers and cut into one-inch chunks. Thread the fish, vegetables and lemon segments onto the skewers, ensuring the fish is always next to a lemon segment of a slice of onion. Place the skewers in a shallow dish, pour the marinade over and leave for 30 minutes, turning occasionally. Drain and transfer to the barbecue, cooking for five to six minutes, turning frequently and basting with the remaining marinade.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: