



## Tandoori Monkfish

### Ingredients

Tandoori Paste

Natural Yoghurt

Monkfish fillets

Mix the tandoori paste with the natural yoghurt. Place the monkfish into the sauce to marinade (ideally for about 30 mins)

When the BBQ is hot, put the monkfish on.

Cook for 10 mins (depending on thickness) then turn the fish and baste with more of the marinade.

Cook for a further 5-10 mins and serve with a wedge of lemon, salad and boiled baby potatoes not forgetting a nice glass of white wine

*For non-fish eaters, this recipe works just as well with chicken.*



## **BBQ Sardines**

### Ingredients

Gutted Sardines

1 Lemon

Olive Oil

Rock Salt

Prior to cooking the sardines soak them in cold salted water for 30 mins; this really plumps them up and really brings out their flavour.

Brush the BBQ grill with olive oil to prevent the fish from sticking to it.

Sprinkle the rock salt over the sardines (be generous) and place them onto the grill and cook for approx 2 mins on each side.

Serve with a squeeze of lemon and a glass of white wine



## Whole Dublin Bay Prawns with a lemon and parsley oil

### Ingredients

Parsley

Extra Virgin Olive Oil

Lemon Juice

Salt & Pepper

Whole Dublin Bay Prawns

Mix the EVOO with the lemon juice and season

Toss the DBP in half of the lemon oil

Place the DBP on the BBQ for 3-5 mins depending on the size.

Serve with crusty bread on a large plate, drizzle the remaining lemon oil over the DBP and sprinkle with flat leaf parsley or coriander

Enjoy with a couple of glasses of white wine