



Dish 1:

Salmon & Monkfish Parcel with Lemon Butter & Tarragon Cream

Ingredients:

- 4oz Monkfish Fillet
- 4oz Salmon Fillet
- 1 Sheet of Filo
- 1oz Melted Butter
- 2oz Baby Spinach

Method:

- Cut Sheet of Filo into 4 pieces
- Place Filo on table & lightly butter. Then put a second sheet on top of this.
- Layer the Salmon & Monkfish on top with Spinach in the middle.
- Turn in both edges of the filo and roll gently.
- Butter lightly & bake in Oven @ 170C for 15 mins.

Sauce:

- Warm the cream in a saucepan with the tarragon.
- Cut butter into small cubes & whisk them in slowly. Do not boil.

TIP: Ask your fishmonger to prepare the fish for you!

INFORMATION / FEEDBACK

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Dish 2:

Warm Tiger Prawns with Sweet Thai Chilli Stir-Fry (1 portion)

Ingredients:

- 4-6 Tiger prawns
- 2oz Carrot
- 1oz Courgettes
- 2oz Mixed Peppers
- ½ Red Onion
- Sweet Thai Chilli

Method:

- Cut the vegetables into thin stripes.
 - Peel the tiger prawns
 - Place the tiger prawns in a warm pan
 - Add the vegetables
 - Cook for 4-5 mins
 - Add the Chilli Thai Sauce and cook for a further 2-3 mins
 - Serve
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- **This dish also work well as a Main Course**

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