

Prawn ratatouille with grilled fish

Ingredients

For the ratatouille

1/2 red pepper (80g)
 1/2 yellow pepper (80g)
 1 small red onion (60g)
 1/2 courgette (80g)
 1/2 aubergine (80g)
 1 chilli (20g)
 80g cherry tomatoes
 1 tsp paprika
 1 tsp mixed herbs
 1 garlic clove
 2 tbsp rapeseed oil
 2 x 400g tinned tomatoes
 Juice and zest from half a lemon
 Salt & pepper
 100g prawns
 Handful of fresh coriander (optional)



The fish:

2 white fish fillet (or salmon) 240g
 1 tbsp rapeseed oil
 Salt & pepper

In a large pan, heat the oil before adding the onion. Cook over a medium heat for a couple of minutes then add the chilli and garlic - cook for a further 2 - 3 minutes.

Roughly chop the peppers, courgette and aubergine into cubes. Add them to the pan along with the paprika and mixed herbs. Gently fry the ingredients in the spice for a minute before adding the cherry tomatoes and tinned tomatoes.

Simmer on a medium heat for 20 - 30 minutes, until the sauce has reduced and thickened to a rich tomato consistency. Stir through the zest and juice of a half a lemon and season to taste.

Add the prawns and fresh coriander and allow the prawns to gently warm in the tomato sauce over a low heat whilst you cook the fish.

Brush the fish all over with a small amount of oil and season. Heat a frying pan over a medium-high heat and when hot, carefully lay in the fillets skin-side down. Cook until the skin is golden and crisp before flipping - this will take 3 - 4 minutes. Repeat the cooking time on the other side. If your fish fillets are particularly thick sear on either side before giving the fillets a couple of minutes in the oven.

To serve, spoon out the prawn ratatouille into bowls then lay the fish fillet on top. Sprinkle with a little more coriander and some grate over some fresh lemon zest.