

Springtime has arrived!

The weather has taken a recent turn for the better and sunny days are longer.

April takes on a lighter feel for fresh flavours.

Fresh fish and seafood from our supplier from St Mawes in Cornwall, a family run specialist fishmonger, involved in the fishing industry for over 30 years.

These are just some of our favourite dishes this month.

- Chilli Salt Squid, lightly battered, deep-fried and tossed in fresh chillies and sea salt
- Skewered Monkfish pieces, chargrilled and drizzled with ginger and lime dressing
- Pan-seared Scallops, quick pan-fried with garlic and sprinkled with soy sauce
- Teriyak Salmon, stir-fried pak choy and fine beans in a Japanese soy flavoured sauce
- Thai Basil Sea bass fillets cooked in a Thai sweet basil and chilli sauce
- Sambal Prawns, stir-fried in a fiery chilli sauce made from fresh chillise, dried shrimps and shrimp paste