

Monkfish with Garden Salsa

A combination of two of our best resources, the sea and land !

Ingredients

2	Monkfish Tails
50g	Flour
Half	Red Pepper
1	Lime or Lemon
40ml	Olive Oil
Sprig	Thyme
Half	Yellow Pepper
1	Red Onion
1 Clove	Garlic
6 Leaves	Basil
1	Courgette
Half	Aubergine
2	Tomatoes seeded
	Cracked Black pepper

Method

Fillet Monkfish by removing at either side of bone and cut at a slant removing the skin on underside.

Coat pieces of Monkfish in flour which has been seasoned with fresh cracked black pepper.

Heat non stick pan and add half olive oil then cook monkfish on one side for 3 minutes and on other side for 3 minutes then add a squeeze of lime juice and sprig of thyme then set aside and allow to rest.

In the mean time in a separate pan heat the remaining olive oil. Chop all vegetables into dices and crush garlic. Add to the pan garlic followed by onions, peppers, courgette, aubergine and cook for 3-4 minutes then add the deseeded tomato and basil followed by black pepper.

Serve the Monkfish resting on the hot salsa and serve with a twist of lemon or Lime.

Tips

Allow 6-7oz fish per person.

Serve on a black slate if u want to impress your guests.

Monkfish is a sweet nutritious fish that is easy managed with little bones and requires minimum time in cooking.

Serve with baby boiled potatoes and some steamed vegetables!