



This intact fish should have been £14.38 but I happened upon it with a yellow sticker price of £5.76. Probably the best £5.76 we've spent for a long time. Breaking it down into 2 fillets was a bit of fun for an old 'Butchers Boy', but we got there in the end and totally boneless it was one of the best meals we've had for ages!

Ingredients:-

1 Monkfish Tail de-boned. It's not a very complex fish to de-bone but ask your fishmonger if you're not confident with a sharp knife
2 Anchovies, chopped
2 Sun-dried Tomatoes, chopped
2 Tsp of Capers, chopped
The Zest of a Lemon, and wedges to garnish
Slices of Parma Ham, to wrap
A handful of Flat Leaf Parsley, finely chopped
1 Tbsp of Olive Oil
2 Tbsp of Balsam Vinegar
A selection of Vegetables of your choice to tray bake, including Vine Tomatoes
Rocket leaves to garnish
Salt & Pepper to season

Method:-

(1) In a bowl mix the Anchovies, Sun-dried Tomatoes, Capers, Parsley, Lemon Zest and season with Salt & Pepper.

- (2) Slightly overlap slices of Parma Ham and spread this mixture down the middle. You are aiming to be able to wrap each fillet entirely.
- (3) Add the Monkfish Fillet.
- (4) Wrap tightly to enclose and seal.
- (5) Place your vegetable and Vine Tomatoes in an oven tray, drizzle with Olive Oil, Balsamic Vinegar and season with Salt & Pepper.
- (6) Roast in a preheated oven at 170c for 10 minutes.
- (7) Remove from the oven and add the Monkfish parcels.
- (8) Return to the oven for 15 minutes, or until the Fish is cooked through.
- (9) Remove from the oven and set the Fish aside for a moment.
- (10) Plate the vegetables and slice the Fish parcels diagonally.
- (11) Place the Monkfish over the roasted vegetables and drizzle with a little of the remaining juices.

We garnished ours with Lemon wedges and Rocket. This was one of those meals which we didn't want to end!