

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 you 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 Leak 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!