

Italian Monkfish Pasta

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This Italian inspired dish is an excellent way to use fresh monkfish. Monkfish is cooked with tomatoes, wine, fish stock, anchovy, garlic and onion until tender, then tossed with fresh egg pasta to serve.

Ingredients:

150g fresh egg pasta
1 small white onion
1 garlic clove
1 anchovy
100g chopped tomatoes
50ml olive oil
125g monkfish, boned and skinned
2-3 tbsp. flour
75ml white wine
1 tsp. dried chilli flakes
75ml fish stock
1 tbsp. freshly chopped mint
1 tbsp. freshly chopped parsley
Salt and pepper

Directions:

1. Finely dice the onion. Mince the garlic clove and the anchovy. Cube the monkfish.
2. Season the flour and toss the fish in the flour. Heat the oil until very hot, then add the monkfish and cook for a minute or so on either side.
3. Add the garlic and onion and cook for a minute, then add the anchovy. Once the onion is lightly browned, add the white wine and fish stock and bring to the boil. Once boiling, add the tomatoes, mint, parsley, chilli flakes and salt and pepper to taste.
4. Simmer the sauce for 5 minutes. Whilst the sauce is cooking, get the pasta cooking according to packet instructions in boiling salted water.
5. Once the pasta is cooked, drain, then tip into the sauce and toss to coat. Serve immediately.

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