

Monkfish and Vegetable Pasta Salad

Printed from Monkfish Recipes at <http://www.monkfishrecipes.co.uk/>

This flavourful pasta salad is an excellent picnic dish - it's also perfect for lunch. It's also pretty cheap to make too - aside from the monkfish, the rest of the ingredients could easily be found in your kitchen cupboard or larder.

Ingredients:

450g monkfish, skinned and boned
4 peppers of different colours
3 courgettes
2 aubergines
450g dried pasta
50g can anchovies
Juice and rind of 1 lemon
6 tbsp. capers, drained
150ml extra-virgin olive oil
90ml balsamic vinegar
Salt and pepper

Directions:

1. Preheat the oven to 200C. Chop the peppers in half and remove the seeds and pith, then chop. Slice the courgettes and aubergines. Spread the veggies over a baking tray and sprinkle with 3 tbsp. oil and 3 tbsp. vinegar. Toss to coat, season and roast for 20 minutes.
2. Add the fish, tossing to coat with all the cooking juices, and bake for another 10 minutes. Once cooked, leave to cool.
3. Cook the pasta according to packet instructions in boiling salted water until tender.
4. Mince the anchovies. Stir together the rest of the oil, balsamic, lemon rind, lemon juice, capers and anchovies. Pour over the cooked pasta. Add the cooked veggies and fish and toss to combine all ingredients. Serve.

Author: Laura Young