

Monkfish Creole

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

An easy peasy dish made up of storecupboard ingredients, this lip-smacking recipe sounds unusual but tastes exceptional. Serve with mashed potato or chunks of warm bread.

Ingredients:

400g monkfish, skinned and boned
400g tin chopped tomatoes
200g tin sweetcorn, drained
1 onion
200g kale leaves
150ml chicken stock
1 tbsp. oil
225g tin pineapple in juice
Salt and pepper
1 tbsp. Creole seasoning

Directions:

1. Dice the onion. Cube the monkfish. Bring a pan of salted water to the boil. Add the kale and simmer for 5 minutes, then drain.
2. Meanwhile, fry the onion in the oil for 5 minutes. Add the seasoning and sweetcorn and fry for one minute.
3. Add the tomatoes, kale and 150ml stock. Simmer for 5 minutes.
4. Add the monkfish and pineapple. Simmer for 5 minutes or until the monkfish is cooked through. Serve.

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