

Monkfish with Fennel & Sun Dried Tomatoes

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This simple dish is easy to prepare but it still has bags of flavour. Monkfish is cooked with potato, fennel, tomato, sun dried tomatoes and shallots. This recipe makes lots of delicious juice, so serve with plenty of bread.

Ingredients:

250g baby salad potatoes
200g monkfish, skinned and boned
1 fennel bulb
1 beef tomato
3 shallots
100g sun dried tomatoes, drained
3 tbsp. olive oil
1 tsp. mixed Italian herbs
Salt and pepper

Directions:

1. Thinly slice the potatoes, monkfish, fennel, tomato and shallots.
2. Layer the potatoes in the bottom of a baking dish. Top with a layer of monkfish, then sun dried tomatoes, then fennel, then shallots, then tomato. Season each layer with salt and pepper.
3. Drizzle the dish with oil, then sprinkle with herbs and more salt and pepper.
4. Bake in a 200C oven for 30 minutes until cooked through. Serve immediately.

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