

Monkfish with Japanese Noodles

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

This simple dish combines a few punchy flavours with soft egg noodles, flaky monkfish and a spiky cucumber and radish salad. From fridge to table in just 30 minutes!

Ingredients:

4 x 150g monkfish, skinned and boned
200g medium egg noodles
200g spinach leaves
1 tbsp. sesame seeds, toasted
1 tbsp. rapeseed oil
1/4 cucumber
4 long radishes
2 x pieces sushi ginger
2 tbsp. rice vinegar
2 tbsp. sesame oil
Salt and pepper

Directions:

1. Cut the cucumber into matchsticks. Thinly slice the radishes. Finely dice the sushi ginger.
2. Bring a pan of water to the boil. Add the noodles and take off the heat, then leave for 4-5 minutes. Once soft, drain and tip into a bowl. Put the spinach into the warm pan and allow it to wilt slightly. Stir in 1 tbsp. sesame oil to the noodles and set to one side.
3. Heat a frying pan. Add the rapeseed oil and then the monkfish fillets. Fry for 3 minutes on either side or until cooked through and flaking gently.
4. Combine the cucumber, radishes, ginger, rice vinegar and remaining sesame oil in a bowl. Season well.
5. Divide the spinach and noodles between 4 plates. Top with the cucumber and radish salad, then the cooked monkfish fillets. Top with the sesame seeds.

Author: Laura Young