

# Rosemary and Lime Monkfish

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*Cooking monkfish in little foil parcels will keep it wonderfully moist and tender - and it will also keep most of the fishy smell out of the kitchen. Serve with warm rolls to mop up all the juices.*

## Ingredients:

500g monkfish tail, skinned and boned, cut into 4 thick slices  
2 fat garlic cloves, thinly sliced  
2 rosemary stalks, leaves removed  
1 large lime  
1 tbsp. oil  
25g butter

## Directions:

1. Cut four pieces of foil big enough to enclose the fish slices. Heat the oven to 180C.
2. Make slashes in the monkfish. Stuff the slashes with the garlic slices and rosemary leaves. Place one piece of monkfish onto each foil square.
3. Cut the lime in half. Squeeze the lime juice from one of the halves over the fish. Slice the other lime half into 4 thin slices. Lay a lime slice onto each monkfish piece, then dot the fish with butter.
4. Pull the foil up at the corners to enclose the fish. Put onto a baking tray and cook for 10-15 minutes until the fish is flaking gently.

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