

This intact fish should have been £14.38 but I happened upon it with a yellow sticker price of £5.76. Probably the best £5.76 we?ve spent for a long time. Breaking it down into 2 fillets was a bit of fun for an old ?Butchers Boy?, but we got there in the end and totally boneless it was one of the best meals we?ve had for ages!

Ingredients:-

1 Monkfish Tail de-boned. It?s not a very complex fish to de-bone but ask you fishmonger if you?re not confident with a sharp knife
2 Anchovies, chopped
2 Sun-dried Tomatoes, chopped
2 Tsp of Capers, chopped
The Zest of a Lemon, and wedges to garnish
Slices of Parma Ham, to wrap
A handful of Flat Leak Parsley, finely chopped
1 Tbsp of Olive Oil
2 Tbsp of Balsam Vinegar
A selection of Vegetables of your choice to tray bake, including Vine Tomatoes
Rocket leaves to garnish
Salt & Pepper to season

Method:-

(1) In a bowl mix the Anchovies, Sun-dried Tomatoes, Capers, Parsley, Lemon Zest and season with Salt & Pepper.

(2) Slightly overlap slices of Parma Ham and spread this mixture down the middle. You are aiming to be able to wrap each fillet entirely.
(3) Add the Monkfish Fillet.
(4) Wrap tightly to enclose and seal.
(5) Place your vegetable and Vine Tomatoes in an oven tray, drizzle with Olive Oil, Balsamic Vinegar and season with Salt & Pepper.
(6) Roast in a preheated oven at 170c for 10 minutes.
(7) Remove from the oven and add the Monkfish parcels.
(8) Return to the oven for 15 minutes, or until the Fish is cooked through.
(9) Remove from the oven and set the Fish aside for a moment.
(10) Plate the vegetables and slice the Fish parcels diagonally.
(11) Place the Monkfish over the roasted vegetables and drizzle with a little of the remaining juices.

We garnished ours with Lemon wedges and Rocket. This was one of those meals which we didn?t want to end!