

Monkfish with Mexican Salsa



Serves 4 Prep 10 mins + 2h marinade Cooking 6 mins Easy

Ingredients

675 monkfish tail
45ml olive oil
30 ml lime juice
15ml chopped fresh parsley
salt & pepper
parsley sprigs & lime slices to garnish

For the salsa

4 tomatoes, peeled, seeded & diced
1 avocado, peeled, stoned & diced
30ml chopped fresh parsley
30ml olive oil
15ml lime juice

1. Prepare the monkfish. Using a sharp knife, remove the pinkish grey membrane. Cut 1 fillet from either side of the backbone, then cut both fillets in half to make 4 steaks.
2. Mix together the oil, lime juice, parsley & seasoning in a shallow, non-metallic dish. Add the monkfish steaks and turn them several times to coat with the marinade. Cover the dish and leave the fish to marinate in the fridge for several hours.
3. About 30 mins before cooking the fish, mix all the salsa ingredients and leave to marinate at room temperature.
4. Remove the monkfish from the marinade and place in a shallow microwave proof dish. Cover and microwave on High for 4-6 mins, turning once and brushing twice with the marinade, until cooked through.
5. Serve the monkfish garnished with the parsley sprigs and lime slices and accompanied by the salsa.