

Monkfish, Tender Stem Broccoli and Brown Pasta

By Alan White

Serves 2

INGREDIENTS

100gm monkfish (collops, your local fishmonger can advise)

5gm salt

3gm black pepper

50gm brown penne pasta

50gl tender stem broccoli (remove 1" from the bottom)

6 cherry tomatoes (cut in half)

6 olives (cut cheeks)

15gm capers

10gm chopped parsley

10gm shallots (diced)

½ red pepper (burn skin off with blow torch or naked flame, deseed and cut into squares)

30ml extra virgin olive oil

METHOD

1. Blanch pasta in boiling salted water and refresh
2. Cut monkfish into collops and pan fry in olive oil for 2-3 minutes, then turn them
3. Add tender stem broccoli and cook for 2-3 minutes
4. Drop pasta back into boiling hot water for 1 minute and then drain
5. Add drained pasta to the pan
5. Add skinless red pepper, cherry tomatoes, shallots, capers, parsley, olives and olive oil. Mix together for 30 seconds
6. Serve as picture and enjoy...