

Bucatini with Monkfish

for 2 people - takes 35 minutes from start to serving

Ingredients

200g pasta
1 medium onion, chopped
2 cloves garlic
1 anchovy, chopped
2 fresh tomatoes
Olive Oil
300g monkfish
Flour
1 tsp hot red chilli pepper, chopped
Small glass of white wine
1 tbsp chopped fresh mint
1 tbsp chopped fresh parsley
1 cup fish stock or clam juice

35 minutes before the meal is to be served

Skin and de-bone monkfish and slice into cubes
Coat fish cubes lightly in the flour and set aside
Chop mint, parsley, onion, garlic, chilli pepper tomatoes and anchovy
Weigh out pasta ready to cook

15 minutes before serving

Boil a kettle of water for the pasta, pour into saucepan and bring to the boil - add salt and olive oil
Heat olive oil in a frying pan until very hot and add the monkfish cubes
Sauté monkfish about 1 minute on each side
Add onion and garlic to monkfish - cook one minute and then add anchovy
Put pasta in saucepan of boiling water and set timer for 11 minutes
When onions brown add white wine to monkfish and stir
Add fish stock to monkfish and bring mixture to boil
Add fresh tomatoes, mint, parsley and chilli pepper
Lightly salt and pepper
Simmer for 5 minutes

When timer rings

Test pasta and if ready, drain pasta and return to empty saucepan
Add monkfish to pasta and toss
Serve