

Fruity Monkfish Curry



Ingredients

20g Butter
2 Monkfish fillets diced
1 Onion sliced
4 Garlic cloves minced
3 tbsp curry powder
4 cherry tomatoes
1 stalk celery chopped
½ red pepper, chopped
20g sultanas
500ml vegetable stock
Salt to taste

1. Melt butter in a heavy large frying pan over a medium heat
2. Add the Monkfish and brown on all sides for about 7 minutes. Transfer to plate
3. Add onion and garlic to same pan and sauté for approx. 6 mins
4. Stir in curry powder. Return the fish to the pan.
5. Add the tomatoes, celery, red pepper, sultanas and stock. Season salt, cover and simmer for 10 mins or until sauce thickens. Serve with rice.