

## Monkfish with bean stew and fennel salad



Seafood Shop  
KILKEEL

### **Ingredients**

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 stick celery, finely chopped
- 1 garlic clove, crushed
- 400g tin chopped tomatoes
- 1 tsp tomato puree
- 1 tsp smoked paprika
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Pinch of dried chilli flakes
- 200ml vegetable stock
- 1 can of beans haricot/ butterbeans or mixed beans 400g
- 1 small fennel bulb, finely sliced (keep the fronds)
- 1 tsp rapeseed oil or extra virgin olive oil
- Salt and freshly ground black pepper

### **Method**

1. Use a lidded saucepan. Heat the oil over a medium heat, add the onion and celery, sweat for 5 minutes with the lid on.
2. Add the garlic and sweat for a further 5 minutes
3. Add the tomatoes, tomato puree, paprika, rosemary, thyme, chilli flakes and stock. Bring to the boil, reduce heat and cook with lid on for a further 10 minutes.

4. Add the beans and simmer for a further 15 minutes with the lid off until the volume of liquid has reduced slightly. Season to taste.
  
5. For the fish- heat the oil in a medium frying pan, add the fish skin side down in the pan and cook for 2-3 minutes on each side. Add the butter and baste the fish as it cooks.
  
6. To serve, place the beans in warmed serving bowls, top with the Monkfish and garnish with the fennel tossed in the rapeseed/ extra virgin olive oil.