

PAN-FRIED MONKFISH FILLET WITH SALSA VERDE

A beautifully fresh dish where the aromatic and fiery salsa enhances and develops the taste of the fish.

Ingredients:

2	Monkfish tails with the backbone removed – giving 4 fillets
	Facing Heaven Salsa Verde 'Green Fire'
1	Tub of Crème Fraiche
1	Leek, finely sliced at an angle of 45°
50 g	Butter
500 ml	Fish Stock
8 oz	Rice

Method:

Take the cleaned leek and fry in the butter until cooked and softened – but not coloured. Season with sea salt and black pepper. Transfer to one side in a bowl and keep warm.

Add olive oil to the pan with a knob of butter. When the butter has melted place the fillets in the pan and cook at a high temperature on all sides until lightly coloured – but ensuring that the butter does not burn. Remove the fish from the pan and keep on one side.

Add the crème fraiche to the pan and when bubbling add half the jar of Facing Heaven Salsa Verde and whisk through. Add the fish fillets to the crème fraiche and Salsa Verde and spoon sauce over the fillets.

On a plate place a portion of the rice and lay a bed of the leeks on which to place a fish fillet. Spoon over sufficient sauce to cover the fillet lightly and coat the leeks. Serve immediately.

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