

Gingered Monkfish

255 Calories per portion

ingredients

serves 2

15 g (1/2 oz) butter

1 medium onion, sliced

1 cm (1/2 inch) piece fresh root ginger, peeled and chopped

1 clove garlic, skinned and crushed

1/2 red pepper, chopped

175 g (6 oz) cauliflower florets

225 g (8 oz) boned monkfish, cubed

1/4 teaspoon turmeric

150 ml (1/4 pint) fresh milk

100 g (4 oz) skimmed milk soft cheese

chopped chives to garnish

method

1. Melt the butter in a saucepan, add the onion, ginger and garlic. Cook until soft.
2. Add the peppers, cauliflower, fish and turmeric. Cook stirring for 2 minutes. Add the milk, bring to the boil, cover and simmer for 5 minutes.
3. Mix the soft cheese with a little of the hot milk and pour into the pan. Stir well and heat gently, do not boil. Serve sprinkled with chopped chives.