

Roasted Monkfish with Festive Salsa

2 x 225g (8oz) monkfish fillets, skinned
3 x 15ml spoon (3 tablespoons) honey
30g (1oz) butter
juice and rind of 1 lime
pinch of mixed spice
salt and black pepper

Salsa:

half a yellow pepper, de-seeded and finely chopped
half a red pepper, de-seeded and finely chopped
1 green chilli, de-seeded and finely chopped
quarter of a cucumber, diced
half a white onion, finely chopped
3 x 15ml spoon (3 tablespoons) fresh chopped coriander
1 x 15ml spoon (1 tablespoon) lime juice
lime slices, for garnish

Serves 2

Preheat the oven to 220°C/425°F, Gas Mark 7

In a small saucepan, gently heat the honey, butter, lime juice and rind and mixed spice.

Place the fish in a roasting tin and pour over the honey mixture and season. Bake the fish for 20-25 minutes, basting occasionally.

When cooked, remove the fish and allow to stand for a few minutes. Strain the cooking liquid and leave to cool.

Mix together the ingredients for the salsa and add 2 x 15ml spoon (2 tablespoons) of the cooled liquid.

Slice the fish and drizzle with the remaining liquid. Serve with the salsa, garnished with the lime.

