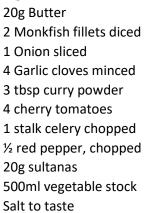
Fruity Monkfish Curry

Ingredients





- 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.