

## Sweet & Sour Monkfish

(Serves 4)



Seafood Shop  
KILKEEL

### **Ingredients**

500g Monkfish tail (cut into large chunks)  
1 red pepper deseeded into strips  
1 yellow pepper  
2 carrots (cut into matchsticks)  
50g fresh bean sprouts  
200g sugar snap peas  
150g prepared fresh pineapple cut into chunks

### **Sauce**

200ml boiling stock  
2 garlic cloves crushed  
1 level tbsp cornflour  
1 tbsp tomato puree  
2 tbsp white wine vinegar  
4 tbsp dark soy sauce

1. Stir-fry the Monkfish in Rapeseed Oil for approx. 5 minutes.
2. When the fish is cooked through and lightly browned, put onto a plate.
3. Put all vegetables in the pan for 4 - 5 minutes then return monkfish to pan & stir-fry everything for approx. 6 minutes
4. Meanwhile mix all the sauce ingredients in a small bowl, stir it in with the pineapple, Monkfish and vegetables, cook for another 4 minutes. Serve hot with balsamic rice & garnish with shredded spring onions.