

Spiced monkfish tail with pickled beetroot and lemon, herby quinoa

Ingredients

For the spiced monkfish tail

1 monkfish tail, trimmed
2 tsp medium curry powder
2 tbsp ground cumin
4 tbsp olive oil
salt and freshly ground black pepper

For the pickled beetroot

2 tbsp olive oil
2 banana shallots, chopped
4 cooked beetroot, peeled and diced
½ tsp garam masala
½ tsp black onion seeds
pinch dried chilli flakes
2 tbsp red wine vinegar
2 tbsp caster sugar

For the quinoa

200g/7oz quinoa
400ml/14fl oz chicken stock
1 lemon, zest and juice
selection of soft herbs, such as chervil, parsley and coriander
olive oil, to taste

To garnish

salad leaves

Method

1. For the monkfish tail, preheat the oven to 200C/180C Fan/Gas 6.
2. Season the monkfish with the curry powder, cumin, salt and pepper. Heat a large frying pan and add the oil. Once hot add the monkfish tail and cook on all sides until golden-brown. Place in the oven for 6-8 minutes, then set aside to rest.
3. For the beetroot, heat a sauté pan and add the oil. Once hot add the shallots and cook for 2-3 minutes. Add the beetroot and spices and cook for 2-3 minutes. Add the vinegar and sugar and cook for 5 minutes.
4. For the quinoa, cook the quinoa in a saucepan using the chicken stock according to the packet instructions. Remove and allow to cool before adding the lemon juice and zest and chopped herbs. Dress with the olive oil.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Simply spiced monkfish is served up with quinoa and a quick beetroot pickles – it's done in minutes but really adds zing.

By Matt Tebbutt
From Saturday Kitchen

- 5.** To serve, dot the quinoa and pickled beetroot around the plate. Cut the monkfish tail into pieces and place on top of the quinoa. Garnish with the salad leaves.