

# Grilled monkfish with mango sauce

## Ingredients

### For the mango sauce

- 1 tbsp olive oil
- ½ mango, peeled and finely chopped

### For the monkfish

- 150g/5½oz monkfish steak
- 1 tbsp olive oil
- ½ lemon, juice only
- 1 tsp chopped fresh parsley
- 1 tsp chopped fresh chives
- salt and freshly ground black pepper

## Preparation method

1. To make the sauce, heat the oil in a frying pan over a high heat. Add the mango and sauté until the mango has cooked down, then transfer to a food processor and blend to a smooth purée.
2. For the monkfish, place the monkfish, oil and lemon juice into a bowl and marinate for five minutes.
3. Heat a griddle pan until smoking. Season the monkfish with salt and freshly ground black pepper place on the griddle to char-grill for two minutes on each side, or until cooked through.
4. To serve, spoon the mango sauce in the centre of a warm plate, top with the fish and sprinkle over the chopped fresh herbs.

**less than 30 mins**

preparation time

**10 to 30 mins**

cooking time

**Serves 1**

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