



### Quick monkfish curry

**Get your fishmonger to fillet and trim your monkfish for you, and don't forget the cumin – it makes all the difference.**

**Serves 2**

**a stalk of lemon grass, tough outer leaves removed and cut into rough pieces**

**a thumb-sized piece of fresh ginger, finely sliced**

**3 cloves of garlic, peeled and finely sliced**

**1 – 2 fresh red chillies, deseeded and roughly chopped**

**4 spring onions**

**small handful fresh coriander, leaves picked and stalks reserved**

**300g/11oz monkfish fillets**  
**sunflower oil**

**1 teaspoon ground cumin**

**1/2 a 400ml/14fl oz tin of coconut milk**

**1/2 small green courgette**

**1/2 small yellow courgette**

**sea salt and freshly ground black pepper**

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by **TEFAL**

Chop the lemon grass, garlic, ginger, chili, spring onions and coriander stalks and blend to a paste in a food processor or pestle and mortar.

Heat your TEFAL frying pan until it is nice and hot.

Slice the monkfish into 2.5cm/1inch cubes and fry in the very hot pan in a tablespoon of oil until lightly browned on all sides. Add the curry paste and the cumin and turn the heat down slightly.

When the paste has fried a little, add the coconut milk and stir well. With a vegetable peeler, strip the courgettes directly into the sauce and cover with a lid.

After 2 minutes, take off the lid, check the monkfish is cooked through and season with salt and freshly ground black pepper. If the sauce is a bit thin, boil it down a little until it thickens.

Serve sprinkled with the torn-up coriander leaves and some nice fluffy basmati rice or some noodles.