



## Monkfish on Wild Rocket & Pomegranate Seeds

**1** Add the olive oil, lemon juice, pinch of sugar, salt and pepper to a bowl and marinate the monkfish in the mixture for a few minutes.

**2** Defrost spinach, chop finely and squeeze dry. Sweat finely diced shallot in olive oil, add the spinach and steam for about 2-3 minutes at medium heat. Season with salt and pepper and a bit of fresh nutmeg, then set aside. Once cooled off, add the goat cheese and blend roughly.

**3** Depending on the thickness of the brick pastry you may want to use two layers (and hence need 8 sheets in total). Lightly coat pastry sheets with melted butter (just the inside), arrange a small base in the center of the pastry sheet(s) with the spinach mix and place a fillet of the monkfish on top. Lift the ends of the pastry and form a pouch, tying it up with a cooking thread.

**4** Bake for 13 to 15 minutes at 210°C (410°F) in a preheated oven.



### Monkfish on Wild Rocket & Pomegranate Seeds

*Recipe source: Kochen mit Kerner, [Tim Mälzer](#) (adapted)*

Required time: prep.: 20 min., baking time: 12-15 min.

#### Ingredients (yield: 4 pieces):

- \* 4x50g Monkfish fillets
- \* 2-3 tsp olive oil
- \* 1 tbsp lemon juice
- \* season with salt and pepper, a pinch of sugar
- \*
- \* 200g frozen spinach
- \* 1 shallot
- \* season with nutmeg
- \*
- \* 50-80g young goatcheese (depending on the cheese and your preference)
- \* 4 sheets of brick pastry (or Phyllo pastry)
- \* cooking thread
- \* a few tbsp melted butter