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 fo 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, tieing 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

Copyright Nicole Stich, deliciousdays.com, 2005-2015. All rights reserved.