

Monkfish And Peppers

Ingredients

1 red onion
1 green pepper
1 yellow pepper
4 large tomatoes
2 pieces of monkfish or other white fish
basil
balsamic vinegar
2 sp flour
salt + pepper
olive oil

Method

Chop onion and peppers, fry in oil, chop tomatoes and add. Pour almost all into bowl. Mix flour, salt, pepper on plate and dip fish pieces and fry in more oil and remaining vegetables. Place fish in dish, put peppers and onion mix on top, sprinkle on chopped basil and pour on balsamic vinegar, cook in oven for 30-40 mins at 200c. Nice with steamed mushrooms or broccoli and potatoes.