

Monkfish with peppers, tomatoes and beans

by [Jun Tanaka](#)



Main Easy 4-6 45 minutes

A warming borlotti [bean](#) stew full of sweet [peppers](#), tomatoes and onions provides the perfect base for pimentón-dusted pieces of [monkfish](#) in this warming, hearty, Spanish-inspired dish from Jun Tanaka. Serve with plenty of crusty bread to mop up the delicious sauce.

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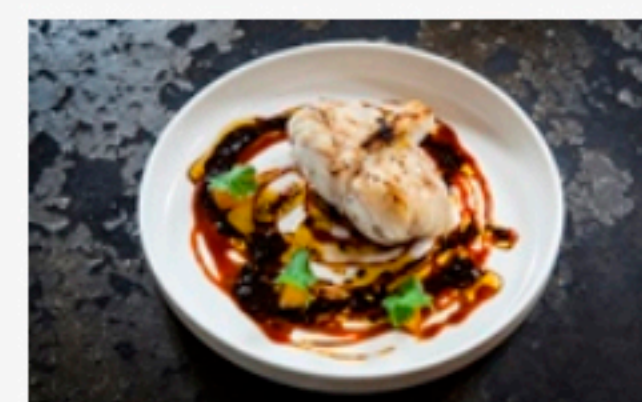
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Ingredients

METRIC IMPERIAL

- 1kg [monkfish tail](#), skinned, trimmed and cut into 2-inch thick pieces on the bone (ask your fishmonger to do this)
- 2 [red peppers](#), deseeded and julienned
- 1 [yellow pepper](#), deseeded and julienned
- 25ml of sherry vinegar
- 2 [onions](#), finely sliced
- 400g of [tinned plum tomatoes](#), drained and chopped
- 4 [Spanish anchovy fillets](#), ideally Cantabrian anchovy fillets, chopped
- 3 [garlic cloves](#), finely chopped
- 6 [basil leaves](#), finely shredded
- 5g of [thyme leaves](#)
- 10g of [pimentón](#), (sweet smoked Spanish paprika)
- 100ml of white wine
- 100ml of olive oil
- 150ml of chicken stock
- 400g of tinned borlotti beans, drained (1 tin)
- [salt](#)
- [freshly ground black pepper](#)

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Method

1 Pour a third of the olive oil into a casserole dish over a low heat. Add the onions and garlic, season lightly with salt, then cover and leave to sweat gently for 10 minutes

- 33ml of olive oil
- 2 [onions](#), finely sliced
- 3 [garlic cloves](#), finely chopped
- [salt](#)

2 Meanwhile, place a frying pan over a medium heat and add another third of the olive oil. Add the peppers along with a little salt and pepper and fry for 5 minutes

- 33ml of olive oil
- 2 [red peppers](#), deseeded and julienned
- 1 [yellow pepper](#), deseeded and julienned
- [freshly ground black pepper](#)

3 Add the sherry vinegar to the peppers, then pour the contents of the pan into the casserole dish with the onions. Pour in the white wine, simmer until reduced slightly, then add the tomatoes, thyme, anchovies and chicken stock. Return to a simmer and cook for 5 minutes

- 25ml of sherry vinegar
- 100ml of white wine
- 400g of [tinned plum tomatoes](#), drained and chopped
- 5g of [thyme leaves](#)
- 4 [Spanish anchovy fillets](#), ideally Cantabrian anchovy fillets, chopped
- 150ml of chicken stock

4 Stir in the borlotti beans, then leave to gently simmer while you cook the monkfish

- 400g of tinned borlotti beans, drained (1 tin)

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5 Pour the remaining olive oil into a large frying pan over a high heat, then season the pieces of monkfish with salt and dust with the pimentón. Fry the monkfish briefly on both sides for 1 minute until browned, then transfer to the casserole dish (you may need to do this in batches)

- 34ml of olive oil
- 1kg [monkfish tail](#), skinned, trimmed and cut into 2-inch thick pieces on the bone (ask your fishmonger to do this)
- 10g of [pimentón](#), (sweet smoked Spanish paprika)

6 Once all the monkfish is in the casserole, cover it with a lid and leave to simmer for 7 minutes. You can check the monkfish is cooked by inserting a cocktail stick into the flesh – if it slides in easily, then it's ready

7 To serve, sprinkle over the basil and bring the casserole dish to the table

- 6 [basil leaves](#), finely shredded



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[Jun Tanaka](#)

After learning his craft in the UK's best restaurants throughout the 1990s, Jun Tanaka utilises his rigorous classical training to create impeccable small plates of French and Mediterranean food at his relaxed neighbourhood restaurant in Fitzrovia.

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