

Monkfish Souvlaki

with flatbreads & tahini dressing

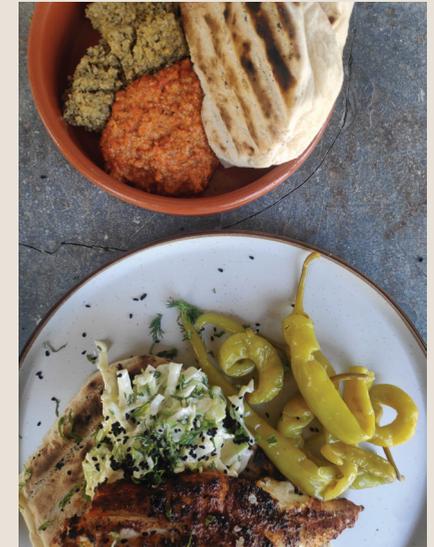


Hello, I'm Rupert, a former professional rugby player and life long lover of food. My passion for cooking comes a very close second to my passion for rugby and luckily for me they go hand in hand. I've played rugby around the world and those times have given me one valuable lesson: wherever you are, food is the one thing you can rely on to bring people together. Whilst living with other professional players I had to create big, healthy and filling meals on a budget, my enthusiasm and enjoyment of cooking encouraged me to become more creative. So when I retired from rugby it felt a natural step to move on to buy a cookery school – and Philleigh Way was the result!

- Monkfish tails 500g per person, either whole or cubed and on a skewer
- 4 tbsp olive oil
- 2 tsp dried oregano
- 1 tsp dried mint
- 1 tsp ground cumin
- 1 tsp coriander
- 1 tsp sweet paprika
- ½ tsp ground cinnamon
- zest and juice 1 lemon, plus 1 lemon cut into wedges to serve
- 4 garlic cloves, crushed

For The Tahini Dressing

- 50ml Greek yogurt
- 1 garlic clove, minced
- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- ½ teaspoon ground cumin
- Olive oil



The Method

- 1 Dice the monkfish into large cubes if you are using skewers.
- 2 Tip all ingredients into a bowl and rub the mixture over the fish and leave to marinate for at least 45 mins in the refrigerator.
- 3 For the dressing, combine all the ingredients and whisk thoroughly.
- 4 BBQ or grill until golden brown, Monkfish can take the heat, don't worry!
- 5 Serve with flatbreads and dressing and pickled hispi cabbage.



CORNISH COOKERY SCHOOL
& FOOD EXPERIENCES

To book a class or find out more please contact:

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