

# Monkfish, Avocado and Grape Salad

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*This light and refreshing salad is the perfect summer picnic dish - poached monkfish is combined with sweet grapes, crunchy courgettes and creamy avocado.*

## Ingredients:

675g monkfish, skinned and boned  
300ml dry white wine  
4 small courgettes  
2 avocados, pitted and sliced  
2 celery sticks  
225g seedless white grapes  
2 tbsp. lemon juice  
4 tbsp. mayonnaise  
2 tbsp. natural yoghurt  
3 tbsp. sun dried tomato puree  
1/2 tsp. cayenne pepper  
Salt to taste

## Directions:

1. Slice the monkfish into medallions. Heat the oil until simmering, then add the monkfish and simmer until cooked through, around 5 minutes. Drain, reserving 1 tbsp. of the cooking liquor for the sauce.
2. Grate the courgettes and thinly slice the celery sticks. Slice the grapes in half.
3. Toss together cooked monkfish, courgettes, celery, avocados and white grapes. Sprinkle the avocado with 1 tbsp. lemon juice to prevent it from browning. In a bowl, combine the rest of the lemon juice, mayonnaise, yoghurt, cooking liquor, cayenne pepper, tomato puree and salt to taste. Pour over the salad and toss to coat.

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