

# Monkfish with cashew nuts and bacon

Preparation :  
**30 minutes**

Cooking time :  
**30 minutes**

Difficulty :  
**Average**



**SERVES 6**



## INGREDIENTS

- 1 monkfish tail  
(at least 1.5Kg )
- 150 g of cashew nuts
- 300 g of diced bacon
- 4 onions
- 300 g of button  
mushrooms
- 30 g of butter
- 2 desert spoons  
of groundnut oil
- 1 sprig of flat-leaved  
parsley
- salt and pepper

## PREPARATION

Peel and slice the onions. Wash and chop the mushrooms. Blanch the nuts and the bacon separately for five minutes in a saucepan of boiling water.

Place the oil and butter in a frying pan over a medium heat. Brown the onions, mushrooms and bacon.

Place the monkfish into the pan and season with salt and pepper. Cover and leave to cook for 20 minutes over a gentle heat.

Add the cashew nuts five minutes before the end of the cooking time. Sprinkle on the parsley and serve hot from the pan.



*Cashew grow on cashew trees. India is the principal source nowadays.*