

Cooking a special meal for yourself may be an everyday event or something you rarely have the chance to do. We discover what three Heyday readers cook when they have the kitchen to themselves

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# Cooking for **one**



'It's rather indulgent to be able to only consider my tastes'



## Gill Levett

lives in Southborough, Kent with her husband and three children. She is the founder of food website [www.1click2cook.com](http://www.1click2cook.com), which creates personalised recipes and shopping lists.

'My husband is a fire officer who works a night shift every week, so that's when I cook for myself. It's rather indulgent to be able to only consider my tastes, so I relish the opportunity. It also means I can try out new combinations before I put them on my website.'

'There is something comforting about potatoes with fish, and they make a simple and delicious dish. I love monkfish and it is great to be able to use the less expensive cut, such as the tail, which doesn't present well on its own, but tastes great in this recipe. I adore Indian food, so the chilli flakes and garam masala make the dish very special. My children, who are much older now, love this dish, too, so cooking it reminds me of them growing up.'

'This is a fabulous meal you can put together and then have a bath and a glass of wine while the smell of it cooking drifts up the stairs and tempts you down.'

### Potato-topped Monkfish

Serves 1

Preparation time 15 minutes

Cooking time 35-40 minutes

- 15g (1/2oz) unsalted butter
- 200g (7oz) of potatoes, peeled and thinly sliced
- 1/2 small red onion, finely chopped
- 1 tsp Dijon mustard
- 1/2 tsp garam masala spice mix
- 1/2 tsp dried chilli flakes
- 25g (1oz) dried breadcrumbs
- 175g (6oz) monkfish tail
- 25g (1oz) Gruyère cheese, grated
- 200g (7oz) fresh broccoli

- Preheat the oven to 200°C (180°C fan) mark 6.
- Melt half the butter in a frying pan. Add the potatoes and fry them for 5 minutes, turning them until they are browned all over, then remove them from the pan using a slotted spoon. Keep warm.
- Add the remaining butter to the frying pan and stir in the onion, mustard, garam masala, chilli flakes and breadcrumbs. Cook for 5 minutes, mixing well.
- Push the breadcrumbs to the edges of the pan and add the fish. Cook on each side for a couple of minutes.
- Layer half of the potatoes in the base of a small greased ovenproof dish and place the monkfish on top. Spoon the spicy onion and breadcrumb mixture from the frying pan over the fish.
- Top with the remaining potato and sprinkle with Gruyère cheese.
- Cook for 20-25 minutes or until the top is golden and crisp and the fish is cooked through. Meanwhile, cook the broccoli in boiling water for 5-6 minutes until tender, drain and serve with the fish.

