



EASTERN FISHERIES  
**MONK FILET  
MEDITERRANEAN**  
{ Serves 4 }



## INGREDIENTS

- 2 Eastern Fisheries monkfish fillets
- 2 medium tomatoes
- 1 red bell pepper
- 3½ tablespoons lemon juice
- 2/3 cup extra virgin olive oil
- 4-5 teaspoons butter
- chives, tarragon, basil, salt, and pepper

## DIRECTIONS

1. Cut the fish into individual-sized portions. Sprinkle with salt and refrigerate.
2. Peel and seed the tomatoes and cut into small dice. Wrap the red bell pepper in aluminum foil and bake in a hot oven, then peel and finely dice the bell pepper. Place the tomatoes, pepper, chopped herbs, olive oil, and lemon juice in a small saucepan; season and keep warm over low heat.
3. Heat the butter in a nonstick pan. Cook the monkfish until nicely colored on one side, then turn it over and cook until golden brown on top. Ladle some sauce onto each plate and place the monkfish on top.

## MONKFISH