

Baked Breaded Monkfish Fillets

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This breaded monkfish dish gives you all the flavour and texture of regular breaded fish, but because the fish is baked not fried, you save on fat and calories. Serve with wedges and ketchup.

Ingredients:

4 x 175g monkfish fillets, skinned and boned
4 tbsp. dried breadcrumbs
4 tbsp. melted butter
3/4 tsp. smoked paprika
1/2 tsp. salt
1/4 tsp. black pepper

Directions:

1. Preheat the oven to 180C.
2. Combine the butter, paprika, salt and pepper in a shallot bowl. Place the fish fillets onto a lined baking tray.
3. Brush the fish with the butter mixture until you've used all of it, then evenly sprinkle the breadcrumbs over the fish.
4. Bake for 15-20 minutes until the fish flakes with a fork.

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