

Garlic & Lemon Monkfish

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Sometimes, fresh fish only needs few ingredients to make it taste outstanding. This dish combines meaty monkfish, garlic, lemon and tarragon to create a simple meal that still has bags of flavour. Serve with lemon wedges on the side.

Ingredients:

4 x 150g boneless, skinless monkfish fillets
Small handful freshly chopped tarragon
1 garlic clove
Zest and juice of 1 large lemon
2 tbsp. olive oil

Directions:

1. Crush the garlic clove. Combine the oil, lemon juice, lemon zest, garlic clove, tarragon and monkfish in a bowl. Stir to coat the monkfish. Season with salt and pepper. Cover and marinade for ten minutes.
2. Heat the grill to high. Remove the monkfish from the marinade, lay on a baking sheet and grill for 7-8 minutes until the fish is flaking gently. Serve immediately.

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