

Monkfish with Sweet Chilli Glaze

Printed from Monkfish Recipes at <http://www.monkfishrecipes.co.uk/>

Chilli, sugar, allspice berries, lime zest and soy sauce combine in this recipe to create a sweet, sticky glaze over firm, meaty monkfish. Serve with sweet potato mash for a delicious, quick midweek dinner.

Ingredients:

2 x 170g monkfish fillets, skinned and boned
50g light brown sugar
1 tbsp. soy sauce
1 red chilli
Juice and zest of 1 lime
1/4 tsp. crushed allspice berries

Directions:

1. Preheat the grill to a high heat. Grill the fish for 3-4 minutes on either side.
2. Meanwhile, combine the sugar, soy sauce, red chilli, lime juice, lime zest and allspice berries.
3. Spoon the mixture over the top of the fish and grill for a further 2-3 minutes.

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