

Roasted Monkfish Tail

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This easy way to prepare monkfish tail will ensure you're rewarded with firm, flaky flesh every time. Serve it up with some potato wedges and tomato sauce.

Ingredients:

1.25kg monkfish tail, trimmed, skinned and boned (if you bone the fish, it will need to be reshaped with wooden skewers and cocktail sticks)
1 garlic clove
Salt and black pepper
Finely chopped parsley and lemon wedges to serve
Olive oil

Directions:

1. Heat the oven to 220C.
2. Wash the fish and pat dry. Thinly slice the garlic clove.
3. Make incisions in the fish. Stuff with the garlic slivers. Season with salt and pepper. Brush with the olive oil.
4. Bake for 20-30 minutes or until cooked through. Serve garnished with the parsley and lemon wedges.

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