

Asian Citrus Monkfish

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Fish and lemon are a match made in heaven - this delicious dish is simple to prepare with a quick, tangy marinade that can be prepared in advance. Serve with wild rice or wilted spinach.

Ingredients:

4 x 150g boneless monkfish medallions
5 tbsp. extra-virgin olive oil
4 lime leaves
1 stalk lemongrass
1 tsp. lemon thyme, finely chopped
Oil to fry
Salt and pepper

Directions:

1. Finely slice the lime leaves. Bash the lemongrass stalk with the back of your knife and finely chop. Combine the oil, monkfish, lime leaves, lemongrass, lemon thyme and salt and pepper in a bowl and toss to combine all ingredients.
2. Cover the fish and leave to marinate in the fridge for 6 hours.
3. When you're ready to cook the fish, remove it from the marinade and season well on either side.
4. Heat more oil in a frying pan and fry the fish for 4 minutes on either side until golden brown.

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