

# Easy Dijon Monkfish

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*This simple recipe is an excellent way of upping your omega-3 intake - monkfish is brushed with Dijon mustard, then topped with seasoned breadcrumbs before being baked until soft and tender. Perfect with a poached egg and homemade chips.*

## Ingredients:

4 x 150g monkfish fillets, skinned and boned  
3 tbsp. Dijon mustard  
4 tbsp. Italian-style dry breadcrumbs  
Salt and pepper  
50g melted butter

## Directions:

1. Season the breadcrumbs. Lay the fish on a lined baked tray.
2. Brush each fillet with the mustard, season with salt and pepper, then sprinkle with the breadcrumbs.
3. Drizzle the butter over the fish fillets, then bake in a 200C oven for 10 minutes or until the fish flakes easily.

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