

# Italian Breaded Monkfish Fillets

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

*Monkfish is coated with an Italian style breadcrumb mixture made from breadcrumbs, polenta, olive oil, Italian seasoning and garlic powder in this recipe. Because it's baked, it's also fairly low in calories and fat. Bellissimo!*

## Ingredients:

4 x 100g monkfish fillets, boned and skinned  
4 tbsp. fine breadcrumbs  
2 tbsp. grated parmesan cheese  
1 tbsp. dry polenta  
1 tsp. extra-virgin olive oil  
1 tsp. Italian herbs  
1/2 tsp. garlic powder  
1/8 tsp. black pepper  
1 egg white

## Directions:

1. Combine breadcrumbs, parmesan, polenta, olive oil, Italian herbs, garlic powder and black pepper.
2. Grease a baking tray with cooking spray. Lay the monkfish fillets onto the baking tray, brush with egg white and then press the breadcrumbs onto the top of each fish fillet.
3. Bake for 10-12 minutes until the fish flakes easily. Serve immediately.

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