

Pesto-Crusted Monkfish

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Monkfish is topped with a lemony pesto crust in this recipe and cooked with a slice of lemon, which will turn deliciously gooey and sweet in the oven.

Ingredients:

4 x 170g monkfish fillets, skinned and boned
2 slices wholemeal bread
1 lemon
1 garlic clove
1 tbsp. drained capers
6 basil leaves
2 tbsp. basil pesto
Salt and pepper

Directions:

1. Zest half of the lemon, then slice half of the lemon into 4 thin slices.
2. Whiz the bread in a food processor until breadcrumbs form. Add the garlic clove, capers, 2 of the basil leaves, the pesto and salt and pepper, along with the lemon zest and a squeeze of lemon juice from the remaining lemon half.
3. Place the fish fillets into a roasting tray. Sprinkle with some more of the lemon juice. Top each fish fillet with the pesto crust, a basil leaf and a slice of lemon. Bake for 15 minutes in a 220C oven until golden brown and flaking gently.

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