



Roasted Monkfish Dijon!



Preheat oven to 475

You will need:

2 Monkfish fillets (around 1/2 pound each)

Paprika

Dijon mustard

Kosher salt & ground black pepper

1-2 tbsp olive oil

Season the fish with salt and pepper - then a generous amount of paprika

Smear a coating of dijon all over the fish.

Heat a skillet over a medium-high flame for a few minutes with about 1-2 tbsp olive oi. Add the fish and turn after about 1-2 minutes. Finish in the oven for about 15 minutes.

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