



Grilled Monkfish

- 1 lb Monkfish (*fillet – no bones, nor skin*)
- 2 scallions (*chopped finely*)
- 2 cloves garlic (*crushed or minced*)
- 1 lemon (*juice*)
- 3 1/2 tablespoon olive oil
- 2 tablespoon parsley (*chopped*)
- 1 bird's eye pepper (*chopped*) 100,000-225,000 SHU
- 6 grape or cherry tomato (*diced*)
- 1/2 teaspoon sea salt
- 1/3 teaspoon black pepper

Crank up the heat on your grill to 400-450 F, brush or spray the grill with some oil (*so the fish doesn't stick*) then gently place the seasoned fish onto the hot surface. Using the heavy cast iron skillet on my grill gave me better control of the heat. You can also do this in your indoor oven or stove top.

Close the lid on the grill and allow to cook for 2-3 minutes. Then flip over, and pour the marinade that it was marinating in directly on top. Place the lid back on.

Flip one more time if necessary. You'll need between 6-10 minutes in total depending on the thickness of the Monkfish you used.

<https://caribbeanpot.com/how-to-grill-monkfish-right/>