



MONKFISH PROVINCIAL

"Monkfish is lightly seasoned and cooked with mushrooms, tomatoes, and garlic. Serve over rice or pasta!"

Prep Time: 15 Minutes

Cook Time: 10 Minutes

Ready In: 25 Minutes

Yields: 4 servings

Salt and pepper to taste

Cajun seasoning to taste

1/2 cup all-purpose flour

1 1/2 pounds monkfish fillets, roughly chopped, Toss in some scallops if they are handy.

2 tablespoons olive oil

1/4 cup butter/1 stick

3 cloves garlic, minced

1 large tomato, diced

1 (8 ounce) package sliced fresh mushrooms

1/4 cup dry white wine

1-tablespoon chopped fresh parsley

1. In a re-sealable plastic bag, mix the salt, pepper, Cajun seasoning, and flour. Place the monkfish in the bag, seal, and shake to lightly coat.
2. Heat the oil and melt the butter in a skillet over medium heat. Place the monkfish in the skillet, and cook for about 3 minutes. Mix in the garlic, tomato, and mushrooms, and continue cooking 3 minutes. Mix in the wine and parsley. Continue to cook and stir 2 minutes, or until the monkfish flakes easily with a fork.
3. Serve over pasta or rice.