

Acquapazza monkfish

Measurements	Ingredients
600 gr	monkfish
3	brown onions
2	garlic cloves
1	red pepper
2 tbsp	olive oil
2 tbsp	capers
50 gr	green olives
20	cherry tomatoes
if necessary	kosher salt
7 gr	black pepper rocket

Clean or have the fishmonger clean 600gr of monkfish, removing the skin and central bone. Wash the pulp, dry it with kitchen paper and cut it into pieces.

Blanch 20 cherry tomatoes, not too small and firm, for a few seconds in boiling water.

Peel them, cut them in half and remove the seeds.

Cut 20 pitted green olives into wedges, desalt 2 tablespoons of salted capers under cold running water.

Panfry the onions previously cutted into wedges, 1 minced clove of garlic and 1 red pepper with a drizzle of oil.

Combine cherry tomatoes, capers and olives. Add the monkfish pieces, 1 glass of white wine and 2-3 tablespoons of water.

Cook for 10 minutes with the lid on and for 10 without; then add salt if necessary.

Sprinkle with a drizzle of oil and rocket then serve.

Macros

Fat 12 gr

Protein 23 gr

Carbs 7.3 gr

Fiber 2.1 gr

Sugar 3.6 gr

Kcal

521 per serving



prep time
30 min.



cook time
15 min.



serving
6 servings