Monkfish

Here's the monkfish Original recipe

makes 4 servings Change Servings

salt and pepper to taste Cajun seasoning to taste 1/2 cup all-purpose flour 1 1/2 pounds monkfish fillets, roughly chopped 2 tablespoons olive oil 1/4 cup butter 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 Check All Add to Shopping List PREP 15 mins COOK 10 mins READY IN 25 mins

Directions 1.In a resealable 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.