



FRESH MONKFISH

Harvested from Maine to North Carolina, this wild caught delicacy is available as a monktail or fillet and lends itself to different preparation. The more robust monktail is delicious grilled or in seafood stew while the fillet can be the centerpiece of a truly elegant dinner.



Product of USA, Wild Caught



TUSCAN MONKFISH RECIPE (serves 4)

Ingredients

For the monkfish

- monkfish tail app 2 lb., bones and membrane removed
- 1 tbsp olive oil, 2 tsp soy sauce, 1 tbsp clear honey
- ½ orange, juice only
- 1 tsp chopped fresh basil
- 1 tsp chopped fresh flatleaf parsley

For the asparagus citrus salad

- 1 bunch asparagus, stalks trimmed
- 1 tbsp olive oil
- ½ tsp rock salt
- 1 lime wedge, to garnish

Directions

Preheat the oven to 200C/400F. Heat the olive oil in an ovenproof, non-stick frying pan and fry the monkfish on both sides for 1-2 minutes, until golden-brown. Transfer to the oven and roast for 5-6 minutes, depending on the thickness of the monkfish, until almost cooked through. Meanwhile, for the asparagus, heat an ovenproof griddle pan. In a small bowl, drizzle the asparagus with olive oil and season with salt, then place in the hot griddle pan for two minutes. Transfer the asparagus to the oven for a further 4 min, or until tender. Remove and arrange on a serving plate. Carefully remove the monkfish from the oven and add the soy sauce, honey and orange juice to the pan. Simmer for two minutes, or until the juices thicken to a glaze. Add the chopped herbs to the pan and stir well. To serve, lift the fish out of the frying pan and serve on the bed of asparagus. Pour over any pan juices and garnish with a lime wedge.

Nutrition Facts

Serving Size 4 ounces (113g)

Servings Per Container varies

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 160mg **7%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 19g

Vitamin A 15% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Packed by:

SEATRADE INTERNATIONAL
NEW BEDFORD, MA



CoC: MSC-C-52769



Seatrade International
448 Boston Street, Topsfield MA 01983
www.seatrade-international.com

Description	PACK	SIZE
Fresh Monkfish Fillets	10 lb.	4-7 oz.; 7-14 oz.
		12-16 oz.; 16-32 oz.
Fresh Monkfish Tails	10 lb.	<16 oz.; 16-32 oz. 32 oz. +