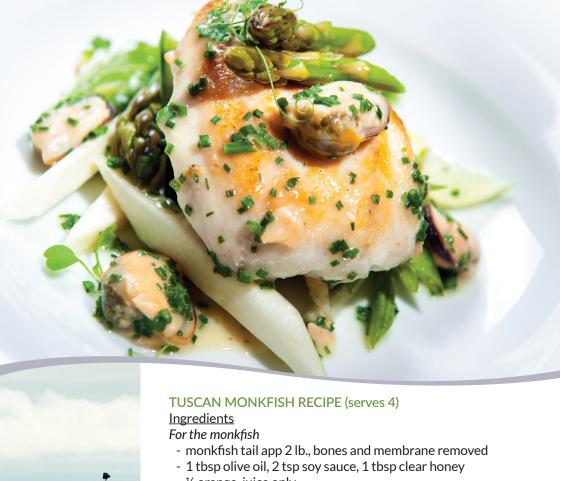


## FRESH MONKFISH



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 filet can be the centerpiece of a truly elegant dinner.





- 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.

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. +

## **Nutrition Facts**

Serving Size 4 ounces (113g) Servings Per Container varies

		_
Calories 80	Calories from Fat	0 :
	% Daily Val	ue*
Total Fat 0g	(	)%
Saturated Fat (	)g (	)%
Trans Fat 0g		
Cholesterol 65m	g <b>22</b>	2%
Sodium 160mg	7	7%
Total Carbohydra	te 0g (	)%
Dietary Fiber 0	g <b>(</b>	)%
Sugars 0g		
Protein 19g		
Vitamin A 15%	<ul> <li>Vitamin C 0</li> </ul>	%
Calcium 0%	• Iron 0%	

Saturated Fat Less than 20g 25g 300mg Cholesterol Less than 300mg Sodium Less than 2,400mg 2.400ma Total Carbohydrate 300g 375g Dietary Fiber

2.000

65g

2.500

80g

Calories

Less than

Total Fat

Packed by: SEATRADE INTERNATIONAL NEW BEDFORD, MA



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