



Bacon-wrapped monkfish



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g monkfish tail sliced into 2 fillets
- ☐ 2 sprigs thyme leaves fresh
- ☐ 12 rashers dry-cure rindless streaky bacon smoked (140g 5oz)
- ☐ 2 large tomatoes halved
- ☐ 3 tbsp balsamic vinaigrette salad dressing
- ☐ 225 g watercress and salad leaves

Equipment

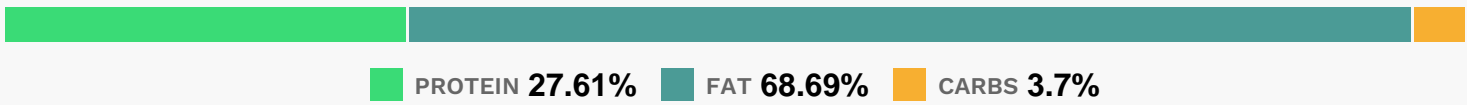
- ☐ frying pan

- ☐ grill
- ☐ grill pan

Directions

- ☐ Lay 1 monkfish tail fillet on a board, sprinkle with thyme leaves and season.
- ☐ Lay the other fillet on top with tapering tip in the opposite direction, so each end has one thick and one thin end butted together.
- ☐ Lay the bacon on a board, slightly overlapping and put the monkfish in the centre. Wrap the fish in the rashers so that it holds together quite firmly.
- ☐ Heat the grill for 3–5 mins. Line the grill pan, lay the monkfish on it, with the bacon joins underneath.
- ☐ Grill for about 7–10 mins until the bacon starts to crisp, then carefully turn over and cook for another 7–10 mins. At the same time, grill the tomato halves. As soon as the monkfish feels firm when pressed on top, remove and leave to stand for 5 mins. Save any pan juices from the paper and drizzle into the vinaigrette.
- ☐ Cut the monkfish into medallions, slightly on the diagonal. Dress the watercress salad with the vinaigrette and juices and divide between four plates.
- ☐ Place monkfish on top, season with pepper and serve tomatoes alongside. Nice with baby new potatoes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:17.951739197192%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 13.04mg, Kaempferol: 13.04mg, Kaempferol: 13.04mg, Kaempferol: 13.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg, Quercetin: 17.4mg

Nutrients (% of daily need)

Calories: 599.17kcal (29.96%), Fat: 45.68g (70.28%), Saturated Fat: 15.2g (95%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.81g (3.12%), Cholesterol: 153.56mg (51.19%), Sodium: 658.7mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.62%), Vitamin K: 159.67µg (152.07%), Vitamin A: 2601.14IU (52.02%), Vitamin C: 37.46mg (45.4%), Iron: 4.68mg (25.98%), Selenium: 13.96µg (19.95%), Vitamin B1: 0.27mg (17.78%), Vitamin B3: 3.32mg (16.58%), Vitamin B6: 0.32mg (16.13%), Potassium: 535.98mg (15.31%), Phosphorus: 151.16mg (15.12%), Manganese: 0.26mg (12.84%), Vitamin E: 1.89mg (12.61%), Calcium: 101.93mg (10.19%), Vitamin B2: 0.14mg (8.27%), Magnesium: 30.54mg (7.64%), Zinc: 1mg (6.7%), Copper: 0.13mg (6.37%), Vitamin B5: 0.62mg (6.24%), Fiber: 1.44g (5.77%), Vitamin B12: 0.33µg (5.5%), Folate: 18.94µg (4.73%), Vitamin D: 0.26µg (1.76%)