



Monkfish with lemon dressing



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 monkfish medallions boneless
- ☐ 1 stalk lemongrass finely chopped
- ☐ 4 lime leaves chopped
- ☐ 1 tsp lemon thyme leaves
- ☐ 5 tbsp olive oil for frying extra-virgin
- ☐ 1 handful rocket leaves wild
- ☐ 1 strips lemon zest
- ☐ 25 g caster sugar

- ☐ 6 tbsp olive oil extra-virgin
- ☐ 2 tsp juice of lemon
- ☐ 0.5 tsp coriander seeds toasted
- ☐ 0.5 tsp onion seeds black
- ☐ 2 tbsp currants
- ☐ 4 tbsp blanched almonds and whole
- ☐ 2 tbsp coriander roughly chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the monkfish in a bowl with the lemongrass, lime leaves, lemon thyme and olive oil. Cover and chill for 6 hrs to marinate.
- ☐ Meanwhile, make the lemon dressing. Chop the strips of lemon zest into small dice and tip into a pan of boiling water. Bring back to the boil, then drain. In a small saucepan, cook the blanched lemon zest with the sugar in 140ml water for about 5 mins.
- ☐ Drain the lemon zest and mix together with the remaining ingredients and 2 tbsp water. Taste and season, if you like.
- ☐ About 20 mins before youre ready to eat, remove the monkfish from the marinade and lightly season.
- ☐ Heat some olive oil in a large non-stick frying pan over a medium heat and fry the monkfish medallions for 4 mins on each side until golden brown.
- ☐ Remove from the pan and allow to rest in a warm place for 4 mins. To serve, gently warm the dressing, adding more water if needed. Spoon it over the monkfish and around the plate, then scatter with rocket leaves.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:6.4769564620827%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 327.43kcal (16.37%), Fat: 29.74g (45.75%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 13.81g (5.02%), Sugar: 11.52g (12.8%), Cholesterol: 0.25mg (0.08%), Sodium: 7.49mg (0.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin E: 5.73mg (38.19%), Manganese: 0.42mg (21.17%), Vitamin K: 21.07µg (20.06%), Magnesium: 33.2mg (8.3%), Copper: 0.13mg (6.73%), Fiber: 1.53g (6.13%), Phosphorus: 61.04mg (6.1%), Iron: 1.04mg (5.79%), Vitamin B2: 0.09mg (5.23%), Potassium: 176.26mg (5.04%), Calcium: 41.93mg (4.19%), Vitamin C: 2.92mg (3.54%), Folate: 13.69µg (3.42%), Vitamin A: 148.66IU (2.97%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.53mg (2.66%), Vitamin B1: 0.04mg (2.39%), Vitamin B6: 0.04mg (2.21%), Selenium: 0.85µg (1.22%)