

# Oven Roasted Monkfish



Serves 4-5

## Ingredients

- 3 lbs Monkfish, Skinned and Bones removed
- 3 tablespoons olive oil
- 3 tablespoons butter, unsalted
- 1 lemon
- Fresh parsley, mince extra for finishing garnish
- Salt, black pepper and cayenne pepper to taste

## Instructions

1. Preheat oven to 400°F. Set aside a large ovenproof skillet.
2. Remove the monkfish from the refrigerator. Pat dry with paper towels and rub with 2 tablespoons olive oil on all sides. Season with salt, black pepper and cayenne pepper.
3. Place a heavy skillet over medium-high heat. When hot, add the remaining olive oil and butter to the pan and swirl the pan to coat.
4. Add the monkfish and fry for 2 minutes. Then flip and fry for two minutes more.
5. Using oven mitts, transfer the pan to the preheated oven. Continue cooking for 3-5 minutes for thinner fillets or 10-12 minutes for thick fillets. To check doneness, insert a knife tip into the thickest section for a moment. If it comes out hot to the touch, then the fish is done. You can also insert an instant-read thermometer and look for a reading of **145°F**.
6. Sprinkle lemon juice and optional fresh parsley onto the monkfish. Transfer to serving plates immediately and drizzle pan juices on top.