

Fried Monkfish



Serves 🍴🍴

Ingredients

4 small monkfish
juice of half lemon or lime
1 Thai chili
1 teaspoon fish sauce
2 tablespoons extra virgin olive oil
flour
peanut oil for frying
lettuce leaves to serve

Sauce

juice of half lemon or lime
1 teaspoon brown sugar
1 teaspoon fish sauce
1 Thai chili
1 sprig of parsley or coriander

Method

Marinate monkfish for a couple of hours with a sauce made with lemon juice, fish sauce, oil, chopped and seeded chilli. Drain and pass the monkfish in the flour and then fry in hot oil at 170°C until golden brown. Let drain on paper towels, then put the monkfish on lettuce leaves and drizzle with a sauce made of lemon juice, brown sugar, fish sauce, chopped parsley and seeded chili cutted into rings.