



COOK WITH US!

Monkfish bites with Orogel artichoke wedges

Find out how to cook a well-balanced main course, with the bitterness of the artichokes balancing out the subtle sea flavour of the monkfish.

INGREDIENTS

600 g Monkfish pulp

60 g Tropea Red Onion

1 garlic clove

Salt

extar virgin olive oil

240 g Orogel Artichoke Wedges (20 wedges)

100 g cherry tomatoes

fresh thyme

pepper



45



4



Easy



Main Courses

Method

- 1 Blanch the artichoke wedges in boiling salted water for a few minutes.
- 2 Brown the strip-cut Tropea onion in a pan with a little extra virgin olive oil. Cook for a few minutes.
- 3 Add the cherry tomato slices, season with salt and pepper and cook for a few minutes.
- 4 Sear the monkfish cut into bites in a pan with a little extra virgin olive oil. Wwhen golden add a pinch of salt, pepper and fresh thyme.
- 5 Put the artichokes wedges on the serving plate and lay the monkfish bites on top. Garnish with a few thyme leaves, add a drizzle of EVO oil and serve.

