

## Stewed monkfish with poppy-seeds bread toasts



**Time:** 25 min.

**Difficulty:** Medium

### Ingredients (4 people)

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- Finely chopped tomatoes 26.6oz 14,10 oz
- Desalinated capers 2,8 oz
- Extra Virgin Olive (EVO) Oil 0,7 oz
- Garlic 1 clover
- Monkfish 10 lb with bone and tail, 14 oz cleaned
- Pepper to taste
- Poppy seeds 1 handful or 0,4 oz
- Poppy seeds bread 8 slices - 8,5 oz
- Salt to taste
- Sparkling wine 1 glass or 3,5 oz

**For this recipe we used:**



## Preparation

Warm up a non-stick pan with a little EVO oil and garlic and cook the sliced monkfish on each side, then add capers and poppy seeds. Sprinkle the wine and let it steam.

Add **Pomì finely chopped tomatoes** and cook it for 15 mins c.

Lay the monkfish in a soup plate, dress with generous spoonfuls of sauce and decorate with two toasted bread slices.