

Grilled Monchong with Herbes de Provence



Ingredients:

- 2 monchong (pomfret) fillets
- Salt and pepper, to taste
- 2 tbsp Oliverde Herbes de Provence Olive Oil
- 2 tbsp Oliverde Avocado Oil
- 1/4 cup balsamic fig vinegar
- 1 tbsp honey
- Fresh basil, chopped (for garnish)
- Lemon wedges, for serving

Instructions:

- Preheat grill to medium-high.
- Season monchong fillets with salt and pepper, then rub with Oliverde Herbes de Provence Olive Oil.
- Drizzle with Oliverde Avocado Oil and grill for 3–4 minutes per side until cooked through.
- Meanwhile, simmer balsamic fig vinegar and honey until slightly thickened.
- Drizzle the reduction over the fish, garnish with basil and lemon wedges, and serve.