

# Monkfish with Tomato & Basil Sauce



## Instructions:

### Sear the Monkfish:

- Pat the monkfish dry and season both sides with salt and pepper.
- In a skillet over medium-high heat, add 1 tbsp of olive oil.
- Sear monkfish for about 3–4 minutes per side until golden and just cooked through. Remove and set aside.

### Make the Tomato Basil Sauce:

- In the same skillet, add another tablespoon of olive oil.
- Sauté the onions until translucent (about 3–4 minutes).
- Add garlic and cook until fragrant (1 minute).
- Stir in crushed tomatoes, tomato paste (if using), red pepper flakes, and sugar. Let simmer for 10 minutes, stirring occasionally.
- Season with salt and pepper to taste.
- Stir in chopped basil and simmer 2 more minutes.

## Ingredients:

- 2 monkfish fillets (about 6–8 oz each), cleaned and trimmed
- 2 tbsp Basil Olive oil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 can (14 oz) crushed tomatoes (or 4 fresh tomatoes, peeled and chopped)
- 1 tbsp tomato paste (optional, for richer flavor)
- Salt and pepper to taste
- Pinch of red pepper flakes (optional, for heat)
- 1 tsp sugar (optional, to balance acidity)
- ½ cup fresh basil leaves, chopped (plus more for garnish)
- Lemon wedges for serving