Stewed monkfish with poppy-seeds bread toasts

Time: 25 min.
Difficulty: Medium

Ingredients (4 people)

- **Ingredients**
    - Puree de tomates 700g 400 g
    - Desalinated capers 80 g
    - Extra Virgin Olive (EVO) Oil 20 g
    - Garlic 1 clover
    - Monkfish 4, 500 g with bone and tail, 400 gr cleaned
    - Pepper to taste
    - Poppy seeds 1 handful or 10 g
    - Poppy seeds bread 8 fette - 240 g
    - Salt to taste
    - Sparkling wine 1 glass or 100 g

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 fine tomato pulp** 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.