

Stewed monkfish with poppy-seeds bread toasts



Time: 25 min.

Difficulty: Medium

Ingredients (4 people)

For this recipe we used:

- **Ingredients**

- Chopped Tomatoes 500g 400 g
- Desalinated capers 80 g
- Extra Virgin Olive (EVO) Oil 20 g
- Garlic 1 clove
- 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



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.