

# Roasted Monkfish with Rosemary Potatoes

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*This quick one-dish meal can be prepared with your choice of seafood.*

1½ lb (750 g) red potatoes, cut into 2-in (5-cm) pieces

1 onion, sliced

2 tablespoons rosemary leaves, minced

3 tablespoons olive oil

1¾ lb (875 g) monkfish (anglerfish) fillet

¼ teaspoon salt

freshly ground pepper to taste

sprigs of rosemary for garnish

1. Preheat an oven to 400°F (200°C). Brush a large roasting pan lightly with olive oil.
2. Place the potatoes, onion, minced rosemary and 2 tablespoons of the olive oil in the roasting pan, and toss well. Bake until light golden brown and fork tender, about 25 minutes. Stir the potato mixture once during baking.
3. Brush the monkfish with the remaining oil, season it with the salt and pepper. Stir the potato mixture again, and place the fish on top. Bake for 10 minutes, or until the fish is opaque. Let the fish rest for 3–4 minutes; then place it on a cutting board.
4. Transfer the potato mixture to a serving platter. Slice the fish diagonally, and arrange the slices on top of the potatoes. Garnish with the sprigs of rosemary, and serve at once.

**Serves 4**

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*1 serving: Calories 340, Protein 29 g, Carbohydrates 37 g, Fiber 4 g, Total fat 8 g (Saturated 1 g, Monounsaturated 4.5 g, Polyunsaturated 1.5 g), Cholesterol 60 mg, Sodium 220 mg, Vitamin C 20 %.*

▲ 1 Vegetable, 1 Meat