

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Monkfish with leeks

Suggestions: a very delicate and nourishing fish dish to prepare in Autumn and Winter which is full of minerals like phosphorus, iron, magnesium, calcium, potassium, zinc and vitamins of the B group, vitamin C, A, E and K.

Instructions

extra virgin
olive oil



leeks



Fry in some extra virgin olive oil some finely sliced leeks very slowly, add some coconut cream flakes on top and stir it well so that it won't stick to the pan.

sea salt



monkfish



black



pepper

Put some sea salt on the leeks and then add the monk fish fillets on top of the layer of leeks and cover with a lid. After a while turn the fillets on the other side on top of the leeks and put some salt and pepper.

coconut milk



lemon zest



Add some coconut milk on the layer of leeks so that they won't stick to the pan, sprinkle some finely chopped lemon zest on the fish, cover the pan with a lid and let it cook at medium/low heat until they are cooked.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com