



Monkfish skewers

Ingredients

400 grams fillet of monkfish • 16 slices of fresh bacon • 12 mussels • 1 onion • Dry white wine • Extra virgin olive oil to taste • Parsley, rosemary, salt and pepper • CIRIO Tomato Fillets (400 grams)

Preparation

1. Put the well cleaned mussels in a covered casserole dish with 75 ml of water and 15 ml of wine and cook until they open. Remove the mussels from their shells and strain but retain the cooking liquid.

2. In a casserole dish, fry the sliced onion with the olive oil for 4 minutes, then add the strained liquid from the mussels, the Cirio tomato fillets, rosemary, parsley, salt and pepper.

After 2 minutes turn off the heat.

3. Cut the monkfish fillets into 16 pieces and wrap in bacon, just like the mussels. Create 4 mixed skewers and fry them in a pan with some olive oil for 5 minutes.

4. Serve the skewers pouring over the tomato sauce.

