

BBQ Monkfish

This is a quick and easy fish dish that will have people clamouring for more!

You will need:-

1 large monkfish tail (will serve 4 people)

2 tsp Cuban Mojo rub

2 tbsp sunflower or olive oil

Slice down the length of the fish on either side of the bone to remove the fillets.

Place the fish onto a plate. In a separate bowl, mix the oil and the rub into a paste. Spread evenly all over the fish and make sure it is completely coated. Cover with cling film (do not use foil) and leave to marinade for 15 mins.

Place the fish onto the BBQ and cook for 15 mins, turning frequently to avoid burning the marinade.

Place onto a plate and serve.

Enjoy!

This also works with whole fish such as Sea Bass or Bream, or with salmon or tuna steaks.