

# Seafood Charlie Recipe

## AI & Alex Monkfish

A Customer Recipe

### Ingredients

4 monkfish fillets  
1 tablespoon sea salt  
3 tablespoon extra virgin olive oil  
1 teaspoon paprika  
1/4 teaspoon turmeric  
1 teaspoon dried oregano or 3/4 tablespoon fresh oregano  
Fresh ground pepper  
1 lemon quartered  
1 lb. steamed broccoli  
1 teaspoon extra virgin olive oil for serving

### Recipe

1. Put the monkfish fillets in a plate and sprinkle them with the salt.
2. Place them in the refrigerator for about 30 minutes to marinate.
3. Preheat the oven to 400 degrees.
4. In a bowl, add the extra virgin olive oil, the paprika, the turmeric, the oregano and the pepper.
5. Rub the monkfish with the mixture and place them in a baking pan.
6. Bake in the middle of the oven, for 20-25 minutes.
7. To serve, place the fillets and the broccoli in a plate and drizzle with extra virgin olive oil