Stewed monkfish cheeks with Mediterranean vegetable



Ingredients

10

- 1000 g monkfish cheeks
- 50 g Bresc Freshly chopped Spanish garlic
- 3 French loaf
- 250 g butter
- 13 g chives, chopped
- 750 g Bresc Ratatouille
- 40 g Bresc Black Kalamata olive tapenade
- olive oil
- salt and pepper

Preparation method

Heat the oil and fry the garlic gently in it. Add the monkfish cheeks and fry them briefly. Add the butter and the ratatouille and heat through briefly. Add the olive tapenade and chives. Season with salt and pepper. Serve the garlic bread separately.

Used bresc products



Bresc Black Kalamata olives tapenade 1000g



Bresc Freshly chopped Spanish garlic 450g



Bresc Ratatouille 1000g

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