

# Pan-Seared Monkfish with Lemon Butter Sauce















# Instructions

1. Pat fish dry and season with salt and pepper.
2. Heat oil in a skillet over medium-high heat. Sear monkfish for 4–5 minutes per side.
3. Reduce heat, add butter, garlic, and lemon juice. Spoon sauce over fish for 1–2 minutes.
4. Garnish with parsley and serve with your favorite vegetables or rice.

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