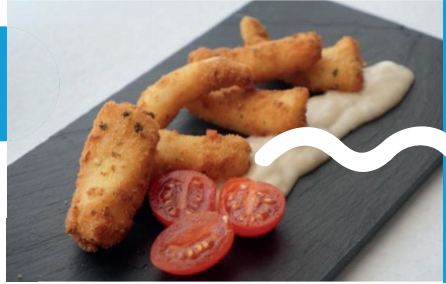


## COATED MONKFISH SNACKS

### INGREDIENTS (for 4 people)

- 500 gr of frogfish without spine
- 2 eggs
- 1 cup extra virgin olive oil
- 2 cloves garlic
- 200 gr of grated wholemeal bread
- 1 pinch of salt
- A few chopped parsley leaves



### PREPARATION:

1. We cut the fish into strips or dice, as we prefer, and add salt. We can also season with peppers or other spices to taste. We chop the garlic, better if we remove the germ, with the parsley and mix it with the breadcrumbs.
2. Beat the eggs in a separate bowl and heat the oven to 200°C.
3. We pass the fish through the breadcrumbs, then through the egg and again through the breadcrumbs, taking care that it is always well wet and breaded everywhere.
4. In an ovenproof dish, we put a paper towel and place the pieces of fish. This way we avoid frying and the fish is oily. We can give each piece with a brush soaked in oil to enhance the golden finish.
5. Depending on how big the pieces of fish are, it will have to be more or less long, but from 10 minutes onwards it should be checked that it does not overcook, as it should not stay dry inside.

As an accompaniment, we can put chickpea hummus with pepper as a sauce and wet the fish as if they were “fingers”, better than putting mayonnaise or cheese sauce or yogurt.

