



Monkfish Pasta

1/2 lb rigatoni pasta
1/4 lb monkfish, de-boned without skin
3 oz extra virgin olive oil
salt and pepper to taste
2 oz local green onions, chopped
4 oz heirloom cherry tomatoes, halved
10 green olives, pitted

Cook pasta according to directions on package

In a saute pan, heat up oil and add monkfish. After 4-5 minutes lower heat and add tomatoes and onions. Cook together for a few minutes and add pasta with a scoop of pasta water. Reduce for a few minutes and serve

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

