



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Monkfish Scampi with White Wine (4 servings)

### Ingredients

1 lb package Gluten-Free Linguine\*  
2 Tbsps olive oil  
3 Tbsps vegan butter  
6 cloves garlic - minced  
1/2 shallot - minced  
3/4 cup white wine

3/4 teaspoon sea salt  
1½ pounds monkfish  
1/2 cup fresh parsley - chopped  
1/8 teaspoon red pepper flakes or - to taste  
2 Tbsps fresh lemon juice  
Ground pepper - to taste

### Preparation

- Clean the monkfish, pat dry, then coat with olive oil, sea salt and pepper.
- Slice fish into 2½ inch pieces, and set aside - DO NOT REFRIGERATE.
- Heat a large skillet over medium high heat, melt the vegan butter with the olive oil in the pan.
- Add the shallots, cooking 2-3 minutes until softened. Reduce heat to medium, add the garlic and sauté for about 30 seconds, until the garlic is fragrant.
- Pour in the wine, along with the red pepper flakes, salt and black pepper. Allow to simmer, 4-5 minutes, until the liquid is reduced by half.
- Add the pieces of monkfish and sauté for 10-15 minutes, until the fish is well coated with the sauce and done.
- Remove the skillet from the heat and stir in the parsley and lemon juice. Toss gently with linguine and serve.

### Linguine Preparation

- Bring a large pot of salted water to a boil. Cook the linguine in the boiling water until nearly tender, 6 to 8 minutes. Drain and gently toss with sauce. *(continued)*



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**Serving suggestions:**

*Although traditionally served over linguine, other pastas, as well as rice, may be substituted. The dish can also be garnished with fresh sautéed spinach.*

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**\*Note:**

*To determine the amount of pasta per portion, follow the serving size recommendations on the packaging.*

*Generally, divide each 1 pound box of long noodles into four equal portions to achieve a serving size of about 1 to 1 1/2 cups of cooked pasta.*

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