



Small Boats. Big Ideas.



Monkfish Over Oven-Roasted Ratatouille

Cape Cod has a rich bounty of delicious seafood, caught and harvested by our local fleet of small-boat fishermen. We encourage you to try a new way of enjoying an old favorite, or to be adventurous with some of the “under-loved” species that are abundant in our waters.

Surprise and impress your dinner guests with this easy, tasty skate recipe featured in one of our “Deliciously Local” videos, funded by the [**Massachusetts Seafood Marketing Grant Program**](#) and in cooperation with [**Buy Fresh Buy Local Cape Cod**](#).

Serves 4

Ingredients:

1 pound eggplant, cut into 1-inch cubes
1 medium-large zucchini, cut into 1-inch pieces
1 large red bell pepper, cut into 1-inch pieces
1 onion, cut into 1-inch pieces
1 1/2 Tbsp. olive oil, divided
1 teaspoon dried thyme (or 2 Tablespoons finely chopped fresh)
Salt and pepper to taste
Vegetable oil cooking spray
1 tsp. garlic powder (or 1 Tablespoon finely chopped fresh garlic)
1 jar (14 ounces) prepared marinara sauce (or homemade)
3 Tablespoons finely chopped fresh basil (plus leaves for garnish)
4 portions of monkfish filets (about 6 ounces each)
2 Tablespoons drained capers

Directions:

Heat oven to 450° F. Toss eggplant, zucchini, bell pepper and onion with 1 Tbsp. olive oil in a large bowl. Add thyme; season with salt and pepper and toss again. Coat a shallow baking pan with cooking spray. Arrange vegetables on pan and roast until tender, about 20 minutes. Stir in garlic and marinara sauce. Cover loosely with foil and roast 10 minutes more. Remove pan from oven. Stir in chopped basil. Rub fillets with remaining 1/2 Tbsp oil; season with salt and pepper. Nestle fish into vegetables; cover loosely with foil. Bake until fish is just cooked through, about 10-15 minutes (or until internal temperature of 145 degrees F). Top with basil leaves and capers.