



Pan-Fried Monkfish Medallions

with Saffron Risotto, Bacon Jam and Peashoot Salad

PREMIUM 35 Minutes

N° 19



Echalion Shallot



Garlic Clove



Lemon



Flat Leaf Parsley



Premium
Tomato Mix



Pancetta Lardons



Original Onion
Marmalade



Knorr Vegetable
Stock Pot



Saffron



Arborio Rice



Monkfish Medallions



Unsalted Butter



Hard Italian Style
Grated Cheese



Peashoots

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Large bowl, Sacuepan, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1½	2
Garlic Clove**	1	1	2
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Water for Rice*	750ml	1100ml	1500ml
Pancetta	60g	90g	120g
Lardons**			
Original Onion Marmalade	1 pot	1½ pots	2 pots
Water for Bacon Jam*	1 tbsp	1½ tbsp	2 tbsp
Knorr Vegetable Stock Pot 10)	1 pot	1½ pots	2 pots
Saffron	1 sachet	1½ sachets	2 sachets
Arborio Rice	175g	260g	350g
Monkfish Medallions 4)**	200g	300g	400g
Unsalted Butter 7)**	30g	45g	60g
Hard Italian Style Grated Cheese 7) 8)**	1 bag	1½ bags	2 bags
Peashoots**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	495g	100g
Energy (kJ/kcal)	3389 / 810	685 / 164
Fat (g)	34	7
Sat. Fat (g)	16	3
Carbohydrate (g)	87	18
Sugars (g)	18	4
Protein (g)	37	8
Salt (g)	3.32	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.



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1. Prep Time

Halve, peel and chop the **shallot** into 1/2cm pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all). Halve the **plum tomatoes** and pop into a large bowl. Season the **tomatoes** with **salt** and **pepper**, squeeze on some **lemon juice** and drizzle on the **olive oil** (see ingredients for amount). Stir and keep to one side. Boil the **water** for the rice (see ingredients for amount) in a saucepan over high heat.



4. Cook the Risotto

Pour in the **arborio rice** and stir well. Increase the heat to medium, cook for a minute, stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



2. Make the Bacon Jam

Heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **pancetta** and cook, stirring occasionally, until golden and turning crisp, 4-5 mins. Pour away any excess fat and stir the **onion marmalade** into the pan along with the **water** (see ingredients for amount), bubble until sticky 30-60 seconds, then transfer to a bowl and set to one side. Wash the pan, we will use it later.



5. Cook the Monkfish

When the **rice** is almost cooked, about 5 mins left (taste to check), heat a splash of **oil** in your frying pan on medium-high heat. Season the **monkfish medallions** with **salt** and **pepper** and when oil is hot, add them to the frying pan and cook until they are browned on one side, 2-3 mins. Turn and cook the other sides for another 2 mins. **IMPORTANT:** The fish is cooked when the centre is opaque. Remove the pan from the heat and add a pinch of **lemon zest**, **half** of the **parsley** and a squeeze of **lemon juice**. Get ready to serve!



3. Start the Risotto

Add the **Knorr vegetable stock pot** and **saffron powder** to the boiling **water**. Stir to dissolve and reduce the heat to low. Heat a splash of **oil** in a wide bottomed saucepan on medium-low heat. When hot, add the **shallot** with a pinch of **salt** and a grind of **pepper** and cook until soft, 5-6 mins. Stir in the **garlic** and cook for a minute more.



6. Finish Off

When your **risotto** is cooked, add the **butter**, **cheese** and remaining **parsley**. Stir well so the **risotto** becomes creamy. Taste and add more **salt**, **pepper** and **lemon juice** to taste. Spoon the **risotto** into your bowls and top with the **monkfish medallions**. Spoon the **bacon jam** on top of the **fish**. Add the **peashoots** to the tomato bowl and toss to coat. Serve alongside.

Enjoy!