



Monkfish Medallions

with Romesco Sauce & Roast Potatoes

Premium 35 Minutes • Medium Spice • 1.5 of your 5 a day

30



Bell Pepper



Potatoes



Garlic Clove



Lemon



Parsley



Green Beans



Shallot



Flaked Almonds



Serrano Ham



Smoked Paprika



Monkfish Medallions

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Foil, Fine Grater (or Garlic Press), Two Frying Pans and Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lemon**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	1 small pack	1 large pack	2 small packs
Shallot**	1	1	2
Flaked Almonds 2)	1 small pack	1 large pack	2 small packs
Serrano Ham**	2 slices	3 slices	4 slices
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Smoked Paprika	1 small pot	1 large pot	2 small pots
Monkfish Medallions 4)**	200g	300g	400g

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	1950 /466	317 /76
Fat (g)	14	2
Sat. Fat (g)	2	1
Carbohydrate (g)	53	9
Sugars (g)	10	2
Protein (g)	32	5
Salt (g)	0.98	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 4) Fish

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Prep

Preheat your oven to 200°C. Halve and deseed the **peppers**. Cut each half into 2 strips then put them skin-side up on a separate baking tray with a drizzle of **oil** and season with **salt** and **pepper**. Roast on the middle shelf of the oven until soft and starting to char, 18-20. Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks on a large, low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4 Salsa Time

Pop **half** of the **almonds**, the **roasted peppers**, **roasted garlic**, half the **lemon juice**, **olive oil** (see ingredients for amount) and **half** the **paprika** in a hand blender and blitz until you have a smooth sauce (if you do not have a hand blender you can finely chop the **pepper** and **almond** and combine with the rest of the ingredients in a bowl to make a salsa). Set aside.



2 Roast Your Garlic

Peel **half** of the **garlic cloves** and pop into foil with a drizzle of **oil** then scrunch to enclose. Roast on the same baking tray as the **peppers** until soft, 10-12 mins. Meanwhile, zest and halve the **lemon**. Peel and grate the remaining **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Trim the **green beans**. Halve, peel and chop the **shallot** into small pieces.



5 Cook the Beans

Return the frying pan to a medium-high heat (no need to wash) with a splash of **oil**. When hot, add the **shallot** and cook until soft, 3-4 mins. When the **shallot** has softened, add the **green beans** and a splash of **water** to the pan, season with **salt** and **pepper** and cover the pan with a lid or tin foil. Cook until tender 4-6 mins. Stir in the **garlic** and cook for 1 minute. When cooked, squeeze the remaining **lemon juice** and all the **lemon zest** and season to taste with **salt** and **pepper**. Remove from the heat and cover with a lid to keep warm.



3 Cook

Heat a large frying pan over medium heat (no oil). Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Remove the **almonds** from the pan to a bowl and return the pan to a medium-high heat with a drizzle of **oil**. When hot, add the **Serrano ham** and cook until golden and crisp, 1-2 mins per side. Remove from the pan to a plate and set aside.



6 Cook The Monkfish

Meanwhile, heat a splash of **oil** in another frying pan on a medium-high heat. When hot, Lay in the **monkfish medallions** and fry until golden brown and cooked through, 3-4 mins each side. **IMPORTANT:** The monkfish is cooked when opaque all the way through. Sprinkle on the remaining **smoked paprika** and cook for a further 1 minute. Remove the pan from the heat. Spoon the **sauce** on your plates (reheat first in a pan if you'd rather it was warm), top with the **beans** followed by the **monkfish**. Serve the **potatoes** alongside. Top the **fish** with the **Serrano ham** and remaining **almonds**. Sprinkle over the **parsley**.

Enjoy!