



Pan-Fried Monkfish and Creamy Tagliatelle with Serrano Ham and Slow Roasted Garlic Tomatoes

Premium 35 Minutes • 1 of your 5 a day

30



Baby Plum Tomatoes



Garlic Clove



Flat Leaf Parsley



Monkfish Medallions



Fresh Tagliatelle



Cider Vinegar



Vegetable
Stock Powder



Butter



Crème Fraîche



Serrano Ham

Before you start

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

Cooking tools, you will need:

Large Saucepan, Garlic Press, Bowl, Baking Tray Lined with Baking Paper, Kitchen Paper, Colander, Medium Saucepan, Frying Pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125 grams	190 grams	250 grams
Garlic Clove**	2	3	4
Olive Oil*	1 ½ tbsp	2 tbsp	3 tbsp
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Monkfish Medallions 4 **	200g	300g	400g
Fresh Tagliatelle 8 13 **	200g	300g	400g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Reserved Pasta Water for the Sauce*	150ml	200ml	300ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Butter 7 **	30g	45g	60g
Crème Fraîche 7 **	150g	225g	300g
Serrano Ham**	2 rashers	3 rashers	4 rashers

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	2741 /655	694 /166
Fat (g)	44	11
Sat. Fat (g)	21	5
Carbohydrate (g)	42	11
Sugars (g)	6	1
Protein (g)	31	8
Salt (g)	1.73	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7**) Milk **8**) Egg **10**) Celery **13**) Gluten **14**) Sulphites

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!



Tomato Time

Preheat your oven to 140°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve the **baby plum tomatoes**, peel and grate the **garlic** (or use a garlic press). Pop **half** the **garlic** in a medium bowl and add the **oil** (see ingredients for amount). Season with **salt**, **pepper** and a **pinch** of **sugar**, then add the **tomatoes** and mix together to coat in the **garlicky oil**. Line a baking tray with baking paper, pop the **tomatoes** on the tray cut side up, and bake in your oven until soft, 20-25 mins.



Add the Crème Fraîche

Pour in the **reserved pasta cooking water** and the **vegetable stock powder**. Bring to the boil and simmer until reduced by half, 4-5 mins. Vigorously stir in the **butter** until melted into the **sauce**, then add **three-quarters** of the **crème fraîche** and bring to the boil. Remove from the heat and set aside.



Finish the Prep

Finely chop the **parsley** (stalks and all). Mix together. Pat the **monkfish** with kitchen paper, pop in a bowl, season with **salt** and **pepper** and set aside. **IMPORTANT: Wash hands and equipment after handling raw fish.** Add the **pasta** to the boiling **water** and simmer until tender, 3-4 mins. Once cooked, reserve some of the **pasta cooking water** (see ingredients for amount), then drain in a colander. Pop back in your pan, drizzle with **oil** and stir through to stop it sticking together.



Fry

Heat a drizzle of oil in a frying pan on medium-high heat. Once hot, lay in the **serrano ham** and fry until crisp, 2-3 mins each side. Once crispy, remove to a plate covered in kitchen roll. Set aside. Pop your pan back on high heat and add a drizzle of **oil**. When hot, add the **monkfish pieces**. Cook the **monkfish** pieces for 3-4 mins each side, adjusting the heat if necessary. **IMPORTANT: The monkfish is cooked when opaque in the centre.** When cooked, remove the pan from the heat.



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium heat. Once the **oil** is hot, stir in the remaining **garlic** and cook for 1 minute, then add the **cider vinegar** and allow to evaporate, 1-2 mins.



Finish and Serve

Reheat the **sauce**, then add **three-quarters** of the **parsley**. Taste and add **salt** and **pepper** if you feel it needs it. Add the **pasta** to the **sauce** and gently toss together. **Tip: Add a splash more water if the pasta looks a little dry.** Serve the **pasta** in bowls with the **slow roasted tomatoes** and **monkfish** on top, a **dollop** of **crème fraîche**, the **shard** of **ham** and the remaining **parsley** sprinkled over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.