



Lemony Monkfish and Samphire Paella

with Red Pepper and Crispy Prosciutto Ham

PREMIUM 40 Minutes • 1 of your 5 a day

N° 19



Onion



Garlic Clove



Red Pepper



Parsley



Lemon



Chicken Stock Powder



Saffron



Smoked Paprika



Arborio Rice



Samphire



Monkfish Medallions



Prosciutto Ham

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), Baking Tray, Measuring Jug, Ovenproof Dish, Mixing Bowl and Large Frying Pan,

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Red Pepper**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Water for the Rice*	450ml	675ml	900ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Saffron	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Arborio Rice	175g	260g	350g
Samphire**	1 pack	1½ packs	2 packs
Monkfish Medallions 4)**	200g	300g	400g
Prosciutto Ham**	2 slices	3 slices	4 slices

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	340g	100g
Energy (kJ/kcal)	1879 / 449	470 / 112
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	84	21
Sugars (g)	10	2
Protein (g)	26	6
Salt (g)	1.29	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep the Veggies

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper(s)** and discard the core and seeds. Slice into thin strips. Put the **pepper** slices on a baking tray, drizzle with **oil**, season with **salt** and **pepper**. Set aside. Roughly chop the **parsley** (stalks and all). Zest the **lemon**, then cut it into wedges.



4. Marinate the Fish

Meanwhile, place the **monkfish medallions** in a mixing bowl and add **half** the **lemon zest** and a glug of **oil**. Season with **salt**. Rub the **flavours** all over the **fish** and set aside. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat.** Meanwhile, heat a large frying pan over high heat and add the **prosciutto ham slices**. Cook until golden and crispy, 1-2 mins each side. Transfer to a plate and set aside.



2. Start the Rice

Pour the boiling **water** (see ingredients for amount) into a measuring jug and add the **chicken stock** and **saffron powder**. Stir to dissolve. Heat a drizzle of **oil** in an ovenproof saucepan on medium heat (if you don't have one, transfer to an ovenproof dish later). When hot, add the **onion**, and cook until soft, 4-5 mins. Stir in the **garlic** and **paprika** and cook, stirring, for 1 minute.



5. Cook the Fish

About 5 minutes before the **rice** is ready, return the frying pan you used for the prosciutto ham to medium-high heat (no oil). Once hot, carefully lay in the **monkfish pieces** and cook for 2-3 mins each side. **IMPORTANT: The fish is cooked when opaque all the way through.**



3. Bake!

Add the **rice**, stir to coat in the **oil** and **spices**. Add the **stock** and bring the **mixture** to the boil (then transfer to an ovenproof dish if necessary). Cover with a tight fitting lid (or foil), cook on the middle shelf of your oven for 20-25 mins. **TIP: Check after 20 mins to see if the rice is cooked and the liquid absorbed.** Scatter the **samphire** over the top of the **rice** for the final 10 mins of its cooking time. Meanwhile, roast the **peppers** on the top shelf of your oven until soft and charred, 12-15 mins, then remove and set aside.



6. Finish and Serve

When the **rice** is ready, remove it from your oven and leave to cool for a couple of minutes. Stir the **peppers** into the **rice** with the remaining **lemon zest**, **half** the **parsley** and a squeeze of **lemon juice**. Add a splash of **water** to loosen if needed, then taste and season with **salt** and **pepper** if needed. Snap the crispy **prosciutto ham** into pieces. Share between your bowls, top with the **monkfish** and **crispy prosciutto ham pieces** and scatter over any remaining **parsley**. Serve with the remaining **lemon wedges** to squeeze over at the table.

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.