

Lemony Monkfish with Samphire Paella

with Red Pepper and Crispy Serrano Ham

PREMIUM 40 Minutes • 1 of your 5 a day











Red Pepper











Parsley

Chicken Stock Powder





Smoked Paprika



Arborio Rice



Samphire



Monkfish Medallions



Serrano Ham

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Measuring Jug, Ovenproof Saucepan, Mixing Bowl and Frying

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Pepper**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1/2	1	1
Water for the Rice*	450ml	675ml	900ml
Chicken Stock Powder	2 sachets	3 sachets	4 sachets
Saffron	1 sachet	1 sachet	2 sachets
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Arborio Rice	175g	260g	350g
Samphire**	1 pack	2 packs	2 packs
Monkfish Medallions 4) **	200g	300g	400g
Serrano Ham**	2 slices	3 slices	4 slices
*Not Included ** Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	419g	100g
Energy (kJ/kcal)	2105 /503	503/120
Fat (g)	3	1
Sat. Fat (g)	1	0
Carbohydrate (g)	86	21
Sugars (g)	10	2
Protein (g)	32	8
Salt (g)	2.94	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

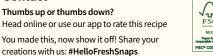
4) Fish

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

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your



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

You can recycle me!



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.



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.



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.



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. Meanwhile, heat a large frying pan over high heat and add the **Serrano** ham slices. Cook until golden and crispy, 1-2 mins each side. Transfer to a plate and set aside.



5. Cook the Fish

About 5 minutes before the rice is ready, return the frying pan you used for the serrano 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.



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 serrano ham into pieces. Share between your bowls, top with the **monkfish** and crispy serrano 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.