



# Mango Glazed Monkfish

with Cavolo Nero and a Mint, Coriander and Yoghurt Sauce

**PREMIUM** 50 Minutes • Medium Heat • 1.5 of your 5 a day



Potatoes



Turmeric



Mustard Seeds



Onion



Ginger



Garlic Clove



Mint



Coriander



Lemon



Natural Yoghurt



North Indian Style  
Curry Powder



Chopped Cavolo Nero



Monkfish Medallions



Mango Chutney

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Large Saucepan, Fine Grater (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Turmeric	1 pot	1½ pots	2 pots
Mustard Seeds 9)	1 pot	2 pots	2 pots
Onion**	1	1	2
Ginger**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Mint**	1 bunch	1 bunch	1 bunch
Coriander**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Natural Yoghurt 7)**	75g	100g	150g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Chopped Cavolo Nero**	1 pack	2 packs	2 packs
Monkfish Medallions 4)**	200g	300g	400g
Mango Chutney	1 pot	1½ pots	2 pots

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	611g	100g
Energy (kJ/kcal)	1648 / 394	270 / 64
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	64	11
Sugars (g)	20	3
Protein (g)	28	5
Salt (g)	0.55	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

4) Fish 7) Milk 9) Mustard

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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### 1. Prep the Potatoes!

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring a large saucepan of water to the boil on high heat with ½ tsp **salt**. Peel the **potatoes**, chop into 4cm chunks. Simmer them in the boiling **water** until the edges have softened when you poke them with a knife, 7-8 mins.



### 4. Start the Cavolo Nero

Heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **onion**. Cook, stirring until soft and slightly browned, 6-8 mins. Add the **garlic**, remaining **ginger**, **half the curry powder**, remaining **turmeric** and **mustard seeds**. Cook, stirring for 1 minute. Stir in the **cavolo nero** and cook, stirring frequently, for 2-3 mins. Add a splash of **water** and cover with a lid (or some foil). Cook until tender, 4-5 mins, then remove from the heat, cover and keep warm.



### 2. Spice it Up

Drain in a colander, pop back into the pan, sprinkle on **half the turmeric** and **half the mustard seeds**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast on the top shelf of your oven until golden, 25-30 mins, turning halfway.



### 5. Monkfish Time

Pop the **monkfish medallions** into a medium mixing bowl with the remaining **curry powder** and a drizzle of **oil**. Season with **salt** and **pepper**, mix well to coat. Heat a drizzle of **oil** in a frying pan on high heat. When hot, add the **monkfish pieces**. Cook them until browned and cooked through, 3 mins each side, adjust the heat if necessary. **IMPORTANT:** The monkfish is cooked when opaque in the centre. When cooked, transfer to a plate and keep warm but don't wash up the pan!



### 3. Get Prepped

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks (discard the stalks). Roughly chop the **coriander** (stalks and all). Halve the **lemon**. Pop the **yoghurt** (see ingredients for amounts) into a food processor with the **coriander**, **mint leaves**, **half the ginger**, **sugar** (see ingredients for amounts) and a squeeze of **lemon juice** and blitz to a smooth **sauce**. Season with **salt** and **pepper**. **TIP:** If you don't have a food processor, finely chop the herbs then mix them with the yoghurt, ginger, sugar and lemon juice. Set aside.



### 6. Finish Up

Reheat the **cavolo nero** if you need to. Add the **mango chutney** to the **monkfish** pan with a splash of **water** over low to medium heat and simmer for 30 seconds until sticky but with a pourable consistency. Divide the **roast potatoes**, **cavolo nero** and **monkfish** between plates, spoon the **mango glaze** over the **monkfish** and serve with the **herby yoghurt sauce**. **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.