



Monkfish and Creamy Pesto & Tomato Linguine with Parmigiano Reggiano, Serrano Ham Shards and Pine Nuts

Premium Plus 35-40 Minutes • 1 of your 5 a day

32



Linguine



Baby Plum Tomatoes



Balsamic Glaze



Garlic Clove



Pine Nuts



Serrano Ham



Monkfish Medallions



Creme Fraiche



Fresh Pesto



Vegetable Stock Paste



Peas



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, aluminum foil, baking tray, colander, garlic press, frying pan, kitchen paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14)	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Pine Nuts	15g	22g	30g
Serrano Ham**	2 slices	3 slices	4 slices
Monkfish Medallions** 4)	200g	300g	400g
Crema Fraiche** 7)	75g	150g	150g
Fresh Pesto** 7)	50g	82g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Peas**	120g	120g	120g
Parmigiano Reggiano** 7)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	433g 3635 / 869	100g 840 / 201
Fat (g)	37.8	8.8
Sat. Fat (g)	15.2	3.5
Carbohydrate (g)	82.0	19.0
Sugars (g)	13.8	3.2
Protein (g)	46.2	10.7
Salt (g)	2.84	0.66

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

4) Fish **7**) Milk **10**) Celery **13**) Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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1



Roast the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Drizzle over the **balsamic glaze**. Fold the foil, sealing on all sides to create a **parcel**.

When the oven is hot, pop the **parcel** onto one side of a large baking tray and roast on the bottom shelf until softened, 15-20 mins.

2



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).

3



Toast and Roast

Heat a large frying pan on medium heat (no oil).
Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

TIP: Watch them like a hawk as they can burn easily.

Once toasted, transfer to a small bowl and set the pan aside.

When the **tomatoes** have roasted for about 10 mins, lay the **Serrano ham** onto the other side of the baking tray and cook for the remaining roasting time until crisp and golden, 5-7 mins.

4



Cook the Monkfish

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**. Pat the **monkfish pieces** dry with kitchen paper.

When hot, add the **monkfish pieces** to the pan and season with **salt** and **pepper**. Cook for 3-4 mins each side, adjusting the heat as needed. Stir the **garlic** in with the **fish** for the final min.

Once cooked, transfer to a plate and cover to keep warm. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The monkfish is cooked when opaque in the middle.

5



Hey Pesto

Pop your frying pan back on medium heat (no oil) with the **crema fraiche**, **fresh pesto**, **vegetable stock paste** and **water for the sauce** (see ingredients for amount). Stir together and bring to the boil, then simmer until thickened, 2-3 mins.

Once thickened, stir through the **peas**, **cooked linguine** and **half the Parmigiano Reggiano**. Cook until piping hot, 1-2 mins. Add a splash of **water** if it's a little thick.

Taste and season with **salt** and **pepper** if needed, then remove from the heat.

6



Finish and Serve

When everything is ready, share the **pesto linguine** between your bowls.

Spoon over the **roasted tomatoes** (discard the juices in the foil) and top with the **monkfish**.

Finish by sprinkling with the **toasted pine nuts** and the remaining **Parmigiano Reggiano**, then a **Serrano shard** on top.

Enjoy!