



Monkfish and Prawn Skewers

with Asparagus and Bacon Vinaigrette

PREMIUM 35 Minutes • 1.5 of your 5 a day



Potato



Red Onion



Asparagus



Flat Leaf Parsley



Lemon



Monkfish Medallions



King Prawns



Pancetta Lardons



Balsamic Vinegar



Bamboo Skewers



Peashoots

Before you start

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

Basic cooking tools, you will need:

Two Large Baking Tray, Mixing Bowl and Frying Pan.

2 | 3 | 4 People - Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1½	2
Asparagus**	100g	150g	200g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	2
Monkfish Medallions 4)**	200g	300g	400g
King Prawns 5)**	120g	180g	250g
Pancetta Lardons**	1 small pack	1 medium pack	1 large pack
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Bamboo Skewers	2	3	4
Peashoots**	1 bag	1½ bags	2 bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	625g	100g
Energy (kJ/kcal)	1881 / 450	301 / 72
Fat (g)	12	2
Sat. Fat (g)	3	1
Carbohydrate (g)	48	8
Sugars (g)	8	1
Protein (g)	38	6
Salt (g)	2.66	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 5) Crustaceans 14) Sulphites

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.

Contact

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1. Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm cubes (no need to peel!). Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil** and a pinch of **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Skewer Time!

Take your **bamboo skewers** and thread on a **prawn** and then a piece of **monkfish**. Continue in this way, sharing all of the **fish** and **prawns** evenly between the **skewers**. Pop onto an oiled baking tray. Season with **salt** and **pepper**. When the **potatoes** have 10 mins left, pop the **skewers** onto the middle shelf of your oven and roast until the **fish** is cooked through, 8-10 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*



2. Prep Time

Meanwhile, halve, peel and thinly slice the **red onion**. Trim the woody stalk ends from the **asparagus**, halve lengthways if the **asparagus** are thick, otherwise leave whole. Finely chop the **parsley** (stalks and all). Zest and cut the **lemon** into wedges. Pop the **monkfish pieces** and the **prawns** into a mixing bowl and drizzle with **oil**. Sprinkle on **half** of the **lemon zest** and mix well. **IMPORTANT:** *Wash your hands after handling raw fish.*



5. Cook the Asparagus

Mix the **parsley** with the remaining **lemon zest**. Heat a splash of **oil** in your frying pan over medium-high heat. Stir-fry the **asparagus** until tender, 4-5 mins, adding a splash of **water** to help the **asparagus** steam fry. Season with **salt** and **pepper**. Get ready to plate up!



3. Start the Vinaigrette

Heat a splash of **oil** in a frying pan over medium heat. When hot, add the **pancetta** and **onion slices**. Cook until the **pancetta** is browned and crispy and the **onions** are soft, 4-5 mins, stirring frequently as they cook. Remove from the heat when ready and add the **balsamic vinegar** and **olive oil** (see ingredients for amount). Mix well and transfer to a bowl. Wash the pan, we will use it later.



6. Serve

Arrange the **roast potatoes** in the middle of your plate and surround with the **pea shoots**. Lay the **asparagus spears** on top of the **potatoes** and **leaves**. Spoon the **vinaigrette** over the **asparagus** and **leaves**. Pop a **fish skewer** on top and finish with a sprinkle of your **lemon** and **parsley mix**. Add a **lemon wedge** for squeezing onto the **fish**.

Enjoy!