



Pan-Fried Monkfish and Creamy Tagliatelle with Serrano Ham and Slow Roasted Garlic Tomatoes

Premium 35 Minutes • 1 of your 5 a day

25



Baby Plum Tomatoes



Garlic Clove



Flat Leaf Parsley



Monkfish Medallions



Fresh Tagliatelle



Cider Vinegar



Vegetable
Stock Powder



Butter



Crème Fraîche



Serrano Ham

Before you start

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

Cooking tools, you will need:

Saucepan x2, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Mixing Bowl, Kitchen Paper, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Garlic Clove**	2 cloves	3 cloves	4 cloves
Olive Oil for the Tomatoes*	1½ tbsp	2 tbsp	3 tbsp
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Monkfish Medallions 4)**	200g	300g	400g
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Reserved Pasta Cooking Water for the Sauce*	150ml	200ml	300ml
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Butter 7)**	30g	45g	60g
Crème Fraîche 7)**	150g	225g	300g
Serrano Ham**	2 rashers	3 rashers	4 rashers

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	2743 /656	694 /166
Fat (g)	44	11
Sat. Fat (g)	21	5
Carbohydrate (g)	42	11
Sugars (g)	6	1
Protein (g)	31	8
Salt (g)	1.74	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Tomato Time!

Preheat your oven to 140°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve the **baby plum tomatoes**, peel and grate the **garlic** (or use a garlic press). Pop **half** the **garlic** in a medium bowl and add the **oil** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar**, then add the **tomatoes** and mix together to coat in the **garlicky oil**. Line a baking tray with baking paper, pop the **tomatoes** on the tray cut side up and bake in your oven until soft, 20-25 mins.



Add the Crème!

Pour in the **reserved pasta cooking water** and the **vegetable stock powder**. Bring to the boil and simmer until reduced by half, 4-5 mins. Vigorously stir in the **butter** until melted into the sauce, then add **three quarters** of the **crème fraîche** and bring to the boil. Remove from the heat and set aside.



Finish the Prep

Finely chop the **parsley** (stalks and all). Mix together. Pat the **monkfish** with kitchen paper then pop in a bowl and season with **salt** and **pepper**. Set aside. Add the **pasta** to the boiling **water** and simmer until tender, 3-4 mins. Once cooked, reserve some of the **pasta cooking water** (see ingredients for amount), then drain in a colander. Pop back in your pan, drizzle with **oil** and stir through to stop it sticking together.



Fry!

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **serrano ham** and fry until crisp, 2-3 mins each side. Once crispy, remove to a plate covered in kitchen roll. Set aside. Pop your pan back on high heat and add a drizzle of **oil**. When hot, add the **monkfish** pieces. Cook the **monkfish** pieces for 3-4 mins each side, adjusting the heat as necessary. **IMPORTANT:** *The monkfish is cooked when opaque in the centre.* When cooked, remove the pan from the heat.



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium heat. Once the **oil** is hot, stir in the remaining **garlic** and cook for 1 minute, then add the **cider vinegar** and allow to evaporate, 1-2 mins.



Finish and Serve

Reheat the **sauce**, then add **three-quarters** of the **parsley**. Taste and add **salt** and **pepper** if you feel it needs it. Add the **pasta** to the **sauce** and gently toss together. **TIP:** *Add a splash more water if the pasta looks a little dry.* Serve the **pasta** in bowls with the **slow roasted tomatoes** and **monkfish** on top, a dollop of **crème fraîche**, the shards of **ham** and the remaining **parsley** sprinkled over.

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.