



# Pan-Fried Monkfish

with Roasted Fennel, Crispy Potatoes, Samphire & Lemon Butter Sauce

**PREMIUM** 40 Minutes • 2.5 of your 5 a day

N° 19



Salad Potatoes



Fennel



Baby Plum Tomatoes



Lemon



Dill



Butter



White Wine Vinegar



Monkfish Medallions



Samphire

## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays, Fine Grater, Saucepan, Frying Pan and Sieve.

### Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Fennel**	1	1½	2
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Lemon**	1	1½	2
Dill**	½ bunch	¾ bunch	1 bunch
Butter 7)**	60g	90g	120g
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Monkfish Medallions 4)**	200g	300g	400g
Samphire	1 punnet	1½ punnets	2 punnets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	581g	100g
Energy (kJ/kcal)	1948 /466	336 /80
Fat (g)	27	5
Sat. Fat (g)	17	3
Carbohydrate (g)	36	6
Sugars (g)	9	2
Protein (g)	21	4
Salt (g)	0.80	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

4) Fish 7) Milk 14) Sulphites

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.

### Contact

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## 1. Roast

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel) and pop on a baking tray. Cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then quarter lengthways. Put on another baking tray. Drizzle both with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast in your oven (potatoes on the top shelf, fennel on the middle) until golden, 25-30 mins, turning halfway through.



## 4. Cook the Samphire

Cook the **monkfish pieces** for 3 mins each side, adjusting the heat as necessary. **IMPORTANT: The monkfish is cooked when opaque in the centre.** When cooked, transfer to a plate and set aside. When you turn the **monkfish**, drop the **samphire** into the **boiling water** and cook for 3 mins before draining in a sieve. Return to the pan (off the heat) with the lid on to keep warm.



## 2. Prep

Meanwhile, halve the **baby plum tomatoes**. Zest and halve the **lemon**. Roughly chop the **dill** (stalks and all). Cut the **butter** into small pieces. When you turn the **fennel**, add the **tomatoes** to the tray, drizzle with **white wine vinegar** and return to the oven for the remaining cooking time.



## 5. Sauce it up

Turn the heat to low, then add the **lemon juice** to the frying pan and gradually stir in the **butter** until melted and combined. Stir in **half the dill** - this is your sauce! Return the **monkfish** to the **sauce** and turn to coat, remove from the heat. When the **potatoes** are cooked, sprinkle over the **lemon zest** and toss to coat. Get ready to serve.



## 3. Cook the Monkfish

Put a small saucepan of **water** on to boil to cook the samphire later (don't add any **salt** - the samphire is salty enough!). Put the **monkfish** on a plate and pat dry with kitchen paper. Season on both sides with **salt** and **pepper**. **IMPORTANT: Remember to wash your hands after handling raw fish.** When the **potatoes** and veg have about 10 mins left, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **monkfish pieces**.



## 6. Serve

Divide the roasted **salad potatoes**, **fennel** and **tomatoes** between your plates. Arrange the **monkfish medallions** next to the **potatoes**, then scatter over the **samphire**. Spoon over the **lemon butter sauce** and finish with a sprinkling of the remaining **dill**.

Enjoy!