



Pan-Fried Monkfish and Roasted Fennel with Crispy Potatoes, Samphire & Lemon Butter Sauce

Premium 40 Minutes • Little Spice • 2 of your 5 a day

30



Salad Potatoes



Fennel



Baby Plum Tomatoes



Lemon



Dill



Butter



White Wine Vinegar



Monkfish Medallions



Samphire

Before you start

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

Cooking tools, you will need:

Baking Tray, Zester, Saucepan, Kitchen Paper, Large Frying Pan, Sieve

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Fennel**	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Lemon**	1	1	2
Dill**	½ bunch	¾ bunch	1 bunch
Butter 7)**	60g	90g	120g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Monkfish Medallions 4)**	200g	300g	400g
Samphire	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	535g	100 g
Energy (kJ/kcal)	1921 /459	359 /86
Fat (g)	26	5
Sat. Fat (g)	17	3
Carbohydrate (g)	36	7
Sugars (g)	8	1
Protein (g)	21	4
Salt (g)	0.54	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 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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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, then quarter lengthways. Pop onto 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.



Cook the Samphire

Cook the **monkfish medallions** 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.



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.



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.



Cook the Monkfish

Put a small saucepan of **water** on to boil for the **samphire** later (don't add any **salt** - the samphire is salty enough!). Put the **monkfish** onto 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**.



Serve

Divide the **roasted new 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!