



Breaded Monkfish Medallions and Chive Sauce

with Roast Potatoes and Sautéed Vegetable Medley

Seafood Special 40-45 Minutes • 1 of your 5 a day

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Potatoes



Breadcrumbs



Monkfish Medallions



Mixed Herbs



Asparagus



Garlic Clove



Chives



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Baby Plum Tomatoes



Peas

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

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

Cooking tools

Baking tray, bowl, whisk, kitchen paper, garlic press, kitchen scissors and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Breadcrumbs 13)	50g	75g	100g
Monkfish Medallions** 4)	200g	300g	400g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Asparagus**	100g	150g	200g
Garlic Clove**	2	3	4
Chives**	1 bunch	1 bunch	1 bunch
Crema Fraiche** 7)	75g	150g	150g
Vegetable Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Baby Plum Tomatoes	125g	190g	250g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Oil for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2917 /697	452 /108
Fat (g)	27.6	4.3
Sat. Fat (g)	11.6	1.8
Carbohydrate (g)	79.0	12.2
Sugars (g)	10.6	1.6
Protein (g)	36.5	5.6
Salt (g)	3.23	0.5

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **8)** Egg **13)** Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Chive Sauce Time

Heat a drizzle of **oil** in medium frying pan on medium heat.

Once hot, add **half** the **garlic** and stir-fry for 30 secs.

Stir in the **creme fraiche**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.

Stir through the **Italian style cheese** and **half** the **chives**, then remove from the heat. Season with **pepper**.



Crumb the Monkfish

Meanwhile, crack the **egg** (see pantry for amount) into a bowl and whisk.

In another large bowl, combine the **breadcrumbs**, **salt** and **oil for the breadcrumbs** (see pantry for both amounts).

Drain the **monkfish medallions**, then pat dry with kitchen paper. Season with **salt** and **pepper**, then sprinkle over the **mixed herbs**.

Dip the **monkfish** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated.

IMPORTANT: Wash your hands and equipment after handling raw fish and discard any excess egg.



Cook the Veg

About 7-8 mins before everything's ready, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **asparagus** and **baby plum tomatoes**. Cook, stirring occasionally, until they have softened and are lightly charred, 5-6 mins.

Next, add the **peas** and remaining **garlic**. Stir-fry for 1-2 mins.

Season with **salt** and **pepper**, then remove from the heat. Cover to keep warm.



Bake and Prep

Transfer the **monkfish** to a lined baking tray. Bake on the middle shelf of your oven until the **monkfish** is cooked through and the crumb is crispy, 20-25 mins. **IMPORTANT:** The monkfish is cooked when opaque in the middle.

Meanwhile, trim the bottom 2cm from the **asparagus** and discard. Cut the **asparagus** in half widthways.

Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier).



Serve Up

Once everything's ready, share the **monkfish** between your plates. Serve the **roast potatoes** and **veg** alongside.

Reheat the **chive sauce** if needed (add a splash of **water** if it has become a little thick) and spoon it over the **monkfish**.

Sprinkle the remaining **chives** over everything to finish.

Enjoy!