

Monkfish and Creamy Pesto & Tomato Linguine with Italian Style Cheese and Serrano Ham Shard



Premium Plus

35-40 Minutes • 1 of your 5 a day









Balsamic Glaze



Linguine





Serrano Ham



Monkfish Medallions

Fresh Pesto

Garlic Clove





Creme Fraiche



Vegetable Stock





Grated Hard Italian Style Cheese



Before you start

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

Cooking tools

Saucepan, aluminium foil, baking tray, colander, garlic press, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P	
Baby Plum Tomatoes	125g	190g	250g	
Balsamic Glaze 14)	12ml	12ml	24ml	
Linguine 13)	180g	270g	360g	
Garlic Clove**	1	2	2	
Serrano Ham**	2 slices	3 slices	4 slices	
Monkfish Medallions** 4)	200g	300g	400g	
Creme Fraiche** 7)	75g	150g	150g	
Fresh Pesto** 7)	50g	82g	100g	
Vegetable Stock Paste 10)	10g	15g	20g	
Peas**	120g	120g	120g	
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g	
Pantry	2P	3P	4P	
Water for the Sauce*	100ml	150ml	200ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	3234 /773	779 / 186
Fat (g)	29.7	7.2
Sat. Fat (g)	12.5	3.0
Carbohydrate (g)	81.8	19.7
Sugars (g)	13.3	3.2
Protein (g)	41.7	10.0
Salt (g)	2.72	0.66

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten 14) Sulphites

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, milk, egg, mustard, celery, soya, 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.

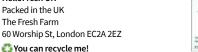
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Roast the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with 1/2 tsp salt for the linguine.

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and pepper. Drizzle over the balsamic glaze. Fold the foil, sealing on all sides to create a tomato parcel. When the oven is hot, pop the parcel onto one side of a large baking tray and roast on the bottom shelf until softened, 15-20 mins.



Cook the Pasta

Meanwhile, when your pan of water is boiling, add the linguine and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with oil and stir through to stop it sticking together.



Serrano Time

While the pasta cooks, peel and grate the garlic (or use a garlic press).

When the tomatoes have roasted for about 10 mins, lay the **Serrano ham** onto the other side of the baking tray.

Cook for the remaining roasting time until crispy and golden, 5-7 mins.



Fry the Monkfish

Meanwhile, pop a large frying pan on high heat with a drizzle of oil. Pat the monkfish pieces dry with kitchen paper.

Once hot, add the **monkfish** to the pan and season with salt and pepper. Cook for 3-4 mins each side, adjusting the heat as needed. Stir the garlic in with the **fish** for the final min.

Once cooked, transfer to a plate and cover to keep warm. IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Hey Pesto

Pop your frying pan back on medium heat with the creme fraiche, fresh pesto, veg stock paste and water for the sauce (see pantry for amount). Stir together and bring to the boil, then simmer until thickened, 2-3 mins.

Once thickened, stir through the peas, cooked linguine and hard Italian style cheese. Cook until piping hot, 1-2 mins. Add a splash of water if it's a little thick.

Taste and season with salt and pepper if needed, then remove from the heat.



Finish and Serve

When everything's ready, share the pesto linguine between your bowls.

Spoon over the roasted tomatoes (discard the juices in the foil) and top with the **monkfish**.

Finish by arranging a **Serrano shard** on top.

Enjoy!