



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

32

Premium Plus 35-40 Minutes • 1 of your 5 a day



Baby Plum Tomatoes



Balsamic Glaze



Linguine



Garlic Clove



Serrano Ham



Monkfish Medallions



Creme Fraiche



Fresh Pesto



Vegetable Stock Paste



Peas



Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

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 |
| Crema 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.

Contact

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1



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 **½ 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.

4



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.*

2



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.

5



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.

3



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.

6



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 sherd** on top.

Enjoy!