



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

32

Premium Plus 35-40 Minutes • 2 of your 5 a day



Medium Tomato



Balsamic Glaze



Linguine



Garlic Clove



Serrano Ham



Monkfish Medallions



Creme Fraiche



Fresh Pesto



Vegetable Stock Paste



Peas



Grated Hard Italian Style Cheese

Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**.

As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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
Medium Tomato	2	3	4
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)	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	463g	100g
Energy (kJ/kcal)	3265 /780	706 /169
Fat (g)	29.7	6.4
Sat. Fat (g)	12.4	2.7
Carbohydrate (g)	83.2	18.0
Sugars (g)	14.7	3.2
Protein (g)	41.9	9.0
Salt (g)	2.73	0.59

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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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 $\frac{1}{2}$ **tsp salt** for the **linguine**.

Cut the **tomatoes** into 2cm chunks 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 **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.



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.*



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.



Hey Pesto

Pop your frying pan back on medium heat with the **crema fraiche**, **fresh pesto**, **vegetable 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.



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.



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!