



# Monkfish, Prawn and Chorizo Paella

with Peas, Lemon and Chives

Premium Plus 35-40 Minutes • Mild Spice

32



Garlic Clove



Lemon



Chives



Chorizo



Cajun Style  
Spice Mix



Risotto Rice



Chicken Stock  
Paste



Monkfish Medallions



Unsalted Butter



King Prawns



Peas

**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

Kettle, measuring jug, garlic press, fine grater, ovenproof pan, saucepan, lid, frying pan, kitchen paper and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Chorizo**	60g	90g	120g
Cajun Style Spice Mix	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Chicken Stock Paste	20g	30g	40g
Monkfish Medallions** 4)	200g	300g	400g
Unsalted Butter** 7)	30g	50g	60g
King Prawns** 5)	150g	225g	300g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3070 /734	743 /178
Fat (g)	24.9	6.0
Sat. Fat (g)	12.4	3.0
Carbohydrate (g)	79.9	19.3
Sugars (g)	5.8	1.4
Protein (g)	46.9	11.4
Salt (g)	4.48	1.09

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

## Allergens

4) Fish 5) Crustaceans 7) Milk

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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## Get Prepped

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

Boil your kettle, then pour the **boiled water for the risotto** (see ingredients for amount) into a measuring jug.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).

Finely chop the **chives** (use scissors if easier).



## Fish to Fry

When the **risotto** has 5-10 mins of cooking time left, heat a drizzle of **oil** in a large frying pan on high heat. Pat the **monkfish pieces** dry with kitchen paper.

Once hot, add the **monkfish, butter** and remaining **garlic** to the pan. Cook the **monkfish** for 3-4 mins on each side, adjusting the heat as necessary.

After the **monkfish** has cooked for a few mins, add the **prawns** to the pan for the final 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw seafood.



## Start the Risotto

Heat a drizzle of **oil** in a large ovenproof pan on medium heat (If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Stir in the **Cajun style spice mix** and **half the garlic**. Cook for 1 min more.



## Zest It Up

Once the **prawns** and **monkfish** are cooked, remove the pan from the heat. **IMPORTANT:** The **monkfish** is cooked when **opaque in the middle**. The **prawns** are cooked when **pink on the outside and opaque in the middle**.

Stir in **half the lemon zest**. Add a squeeze of **lemon juice** and season with **salt** and **pepper**.



## Time to Bake

Add the **risotto rice** and the **juice of half the lemon** to the pan. Stir and cook until the edges of the **rice** are translucent and the **lemon juice** has evaporated, 1-2 mins.

Pour in the **boiled water** from your measuring jug and **chicken stock paste** and stir well to combine. Bring back to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



## Finish and Serve

When the **rice** is cooked, stir in the **peas** and **half the chives**. Taste and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.

Share the **risotto** between your bowls, then top with the **prawns** and **monkfish**. Spoon over any **buttery juices** from the pan.

Finish with a sprinkle of the remaining **chives** and **lemon zest**.

Enjoy!