



Pan-Fried Monkfish and Creamy Tagliatelle with Serrano Ham and Slow Roasted Garlic Tomatoes

Premium 40 Minutes

32



Baby Plum Tomatoes



Garlic Clove



Flat Leaf Parsley



Monkfish Medallions



Fresh Tagliatelle



Cider Vinegar



Vegetable Stock Paste



Unsalted Butter



Creme Fraiche



Serrano Ham

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Baking Tray, Baking Paper, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Monkfish Medallions** 4)	200g	300g	400g
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Reserved Pasta Water for the Sauce*	150ml	225ml	300ml
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Unsalted Butter** 7)	30g	40g	60g
Crème Fraîche** 7)	150g	225g	300g
Serrano Ham**	2 slices	3 slices	4 slices

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
	396g	100g
Energy (kJ/kcal)	2735 /654	691 /165
Fat (g)	45	11
Sat. Fat (g)	21	5
Carbohydrate (g)	41	10
Sugars (g)	5	1
Protein (g)	31	8
Salt (g)	1.99	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Tomato Time

Preheat your oven to 140°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Halve the **baby plum tomatoes**. Peel and grate the **garlic** (or use a **garlic press**).

Pop **half** the **garlic** in a medium bowl and add the **olive oil** (see ingredients for amount). Season with **salt, pepper** and a pinch of **sugar** (if you have any), then add the **tomatoes** and mix together.

Line a baking tray with baking paper. Pop the **tomatoes** onto the tray, cut-side up, and bake on the top shelf of your oven until soft, 20-25 mins.



Finish the Sauce

Pour in the **reserved pasta cooking water** and **vegetable stock paste**. Bring to the boil and simmer until reduced by half, 4-5 mins.

Vigorously stir the **butter** into the **sauce** until it has melted, then add **three quarters** of the **crème fraiche** and bring to the boil.

Remove from the heat and set aside.



Finish the Prep

Finely chop the **parsley** (stalks and all). Pat the **monkfish** with kitchen paper then pop in a bowl. Season with **salt** and **pepper** then set aside.

IMPORTANT: Wash your hands and equipment after handling raw fish.

Add the **pasta** to the **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, reserve some of the **pasta cooking water** (see ingredients for amount), then drain in a colander. Pop back into your pan, drizzle with **oil** and stir through to stop it sticking together.



Fry

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **Serrano ham** and fry until crisp, 2-3 mins each side.

Once crispy, transfer to a plate covered in kitchen paper and set aside. Pop your pan back on high heat and add a drizzle of **oil**.

When hot, add the **monkfish pieces** and cook for 3-4 mins each side, adjusting the heat as necessary.

When cooked, remove the pan from the heat.

IMPORTANT: The monkfish is cooked when **opaque in the centre**.



Start the Sauce

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium heat.

Once the **oil** is hot, stir in the remaining **garlic** and cook for 1 min.

Then add the **cider vinegar** and allow it to evaporate, 1-2 mins.



Finish and Serve

Reheat the **sauce**, then add **three quarters** of the **parsley**. Taste and add **salt** and **pepper** if needed.

Add the **pasta** to the **sauce** and gently toss together. **TIP:** Add a splash more water if the pasta looks a little dry.

Serve the **pasta** in bowls with the **slow roasted tomatoes** and **monkfish** on top.

Finish with a dollop of the remaining **crème fraiche**, the **crispy Serrano** and the remaining **parsley** sprinkled over.

Enjoy!