



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

32

Premium 35 Minutes



Baby Plum Tomatoes



Flat Leaf Parsley



Fresh Tagliatelle



Vegetable Stock Paste



Creme Fraiche



Garlic Clove



Monkfish Medallions



Cider Vinegar



Unsalted Butter



Serrano Ham

Pantry Items
Olive Oil, Water

Before you start

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

Cooking tools

Saucepan, garlic press, baking tray, baking paper, bowl, kitchen paper, colander, frying pan and plate.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------------|----------|----------|-----------|
| Baby Plum Tomatoes | 125g | 250g | 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 | 30g | 60g |
| Crème Fraîche** 7) | 150g | 225g | 300g |
| Serrano Ham** | 2 slices | 3 slices | 4 slices |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 396g | 100g |
| Energy (kJ/kcal) | 2948 /705 | 744 /178 |
| Fat (g) | 47 | 12 |
| Sat. Fat (g) | 25 | 6 |
| Carbohydrate (g) | 39 | 10 |
| Sugars (g) | 6 | 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

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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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 the **tomatoes** onto a baking tray lined with baking paper. Scatter over **half** the **garlic** and drizzle over the **olive oil** (see ingredients for amount). Season with **salt**, **pepper** and a pinch of **sugar** (if you have any), then toss to coat. Arrange cut-side up, then bake on the top shelf of your oven until soft, 20-25 mins.



Finish the Sauce

Pour in the **reserved pasta 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 mix in **three quarters** of the **crème fraîche** 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 into 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.



Fish to 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.



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 fraîche**, a slice of the **crispy Serrano** and the remaining **parsley** sprinkled over.

Enjoy!