

# Pan-Fried Monkfish and Creamy Tagliatelle

with Serrano Ham and Slow Roasted Garlic Tomatoes

Premium

35 Minutes











Tomatoes



Flat Leaf



Monkfish Medallions

Parsley



Tagliatelle



Cider Vinegar



Vegetable Stock





Creme Fraiche



**Unsalted Butter** 

Serrano Ham

# 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** <b>4)</b>	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 <b>10</b> )	10g	15g	20g
Unsalted Butter** 7)	30g	30g	60g
Creme Fraiche** 7)	150g	225g	300g
Serrano Ham**	2 slices	3 slices	4 slices

<sup>\*</sup>Not Included \*\*Store in the Fridge

### **Nutrition**

Per serving	Per 100g
396g	100g
2948 /705	744 /178
47	12
25	6
39	10
6	1
31	8
1.99	0.50
	396g 2948 /705 47 25 39 6 31

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.

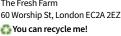
#### Contact

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#### **Tomato Time**

Preheat your oven to 140°C. Bring a large saucepan of water to the boil with 1/2 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 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.



## 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 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 creme fraiche and bring to the boil. Remove from the heat and set aside.



# Fish to Fru

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.



#### 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 **creme** fraiche, a slice of the crispy Serrano and the remaining **parsley** sprinkled over.

# Enjoy!