



Monkfish, Bacon & Butternut Squash Risotto

with Rocket Salad and Chilli Flakes

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Premium 45-50 Minutes • Mild Spice • 1 of your 5 a day



Diced Butternut Squash



Onion



Garlic Clove



Bacon Lardons



Risotto Rice



Vegetable Stock Paste



Lemon



Monkfish Medallions



Unsalted Butter



Grated Hard Italian Style Cheese



Rocket



Chilli Flakes

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Baking tray, baking paper, garlic press, measuring jug, ovenproof pan, fine grater, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Onion**	1	1	2
Garlic Clove**	2	3	4
Bacon Lardons**	60g	90g	120g
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10	20g	30g	40g
Lemon**	½	½	1
Monkfish Medallions** 4	200g	300g	400g
Unsalted Butter** 7	20g	30g	40g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
Rocket**	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Boiled Water for the Risotto*	450ml	675ml	900ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	504g	100g
Energy (kJ/kcal)	3143/751	624/149
Fat (g)	25.7	5.1
Sat. Fat (g)	11.9	2.4
Carbohydrate (g)	89.4	17.8
Sugars (g)	11.6	2.3
Protein (g)	37.6	7.5
Salt (g)	3.24	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **8)** Egg **10)** Celery

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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Butternut Squash

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

Pop the **butternut squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-30 mins. Turn halfway through.

Once cooked, remove from the oven and set aside.



Time to Bake

Add the **boiled water** from your measuring jug and **veg stock paste** to the **rice** and stir well to combine.

Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Meanwhile, zest and halve the **lemon**. Squeeze some **lemon juice** into a medium bowl and mix in the **olive oil for the dressing** (see ingredients for amount). Season, then set your **dressing** aside.



Prep Time

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

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



Fry the Monkfish

When the **risotto** has about 10 mins of cooking time remaining, heat a drizzle of **oil** in a large frying pan on high heat.

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

Add **half the butter** and the remaining **garlic** to the pan, then cook for 1 min more, spooning the **butter** all over the **fish**. Remove from the heat.

IMPORTANT: Wash your hands and equipment after handling raw fish. The monkfish is cooked when opaque in the middle.



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 the pan is hot, add the **bacon lardons** and **onion**. Stir-fry until golden and softened, 4-5 mins. Add **half the garlic** and cook for 1 min more.

Add the **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finish and Serve

When the **risotto** is cooked, remove it from the oven and mix in the **roasted butternut squash**, **lemon zest**, **hard Italian style cheese** and remaining **butter**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Add the **rocket** to the **dressing** and toss to coat, then share the **risotto** between your bowls and top with the **monkfish** and the **rocket salad**.

Sprinkle over the **chilli flakes** to finish (use less if you don't like heat).

Enjoy!