



# Monkfish Medallions

with Romesco Sauce & Roast Potatoes

Premium 35 Minutes • Medium Spice • 1.5 of your 5 a day

30



Bell Pepper



Potatoes



Garlic Clove



Lemon



Parsley



Green Beans



Shallot



Flaked Almonds



Serrano Ham



Smoked Paprika



Monkfish Medallions

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Foil, Fine Grater (or Garlic Press), Two Frying Pans and Bowl.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lemon**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Green Beans**	1 small pack	1 large pack	2 small packs
Shallot**	1	1	2
Flaked Almonds 2)	1 small pack	1 large pack	2 small packs
Serrano Ham**	2 slices	3 slices	4 slices
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Smoked Paprika	1 small pot	1 large pot	2 small pots
Monkfish Medallions 4)**	200g	300g	400g

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

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	1950 /466	317 /76
Fat (g)	14	2
Sat. Fat (g)	2	1
Carbohydrate (g)	53	9
Sugars (g)	10	2
Protein (g)	32	5
Salt (g)	0.98	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 2) Nut 4) Fish

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.

## Contact

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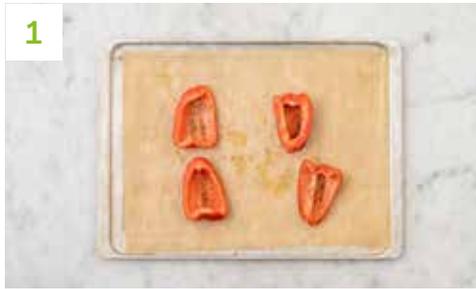
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## 1 Prep

Preheat your oven to 200°C. Halve and deseed the **peppers**. Cut each half into 2 strips then put them skin-side up on a separate baking tray with a drizzle of **oil** and season with **salt** and **pepper**. Roast on the middle shelf of the oven until soft and starting to char, 18-20. Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks on a large, low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4 Salsa Time

Pop **half** of the **almonds**, the **roasted peppers**, **roasted garlic**, half the **lemon juice**, **olive oil** (see ingredients for amount) and **half** the **paprika** in a hand blender and blitz until you have a smooth sauce (if you do not have a hand blender you can finely chop the **pepper** and **almond** and combine with the rest of the ingredients in a bowl to make a salsa). Set aside.



## 2 Roast Your Garlic

Peel **half** of the **garlic cloves** and pop into foil with a drizzle of **oil** then scrunch to enclose. Roast on the same baking tray as the **peppers** until soft, 10-12 mins. Meanwhile, zest and halve the **lemon**. Peel and grate the remaining **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Trim the **green beans**. Halve, peel and chop the **shallot** into small pieces.



## 5 Cook the Beans

Return the frying pan to a medium-high heat (no need to wash) with a splash of **oil**. When hot, add the **shallot** and cook until soft, 3-4 mins. When the **shallot** has softened, add the **green beans** and a splash of **water** to the pan, season with **salt** and **pepper** and cover the pan with a lid or tin foil. Cook until tender 4-6 mins. Stir in the **garlic** and cook for 1 minute. When cooked, squeeze the remaining **lemon juice** and all the **lemon zest** and season to taste with **salt** and **pepper**. Remove from the heat and cover with a lid to keep warm.



## 3 Cook

Heat a large frying pan over medium heat (no oil). Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Remove the **almonds** from the pan to a bowl and return the pan to a medium-high heat with a drizzle of **oil**. When hot, add the **Serrano ham** and cook until golden and crisp, 1-2 mins per side. Remove from the pan to a plate and set aside.



## 6 Cook The Monkfish

Meanwhile, heat a splash of **oil** in another frying pan on a medium-high heat. When hot, Lay in the **monkfish medallions** and fry until golden brown and cooked through, 3-4 mins each side. **IMPORTANT:** The monkfish is cooked when opaque all the way through. Sprinkle on the remaining **smoked paprika** and cook for a further 1 minute. Remove the pan from the heat. Spoon the **sauce** on your plates (reheat first in a pan if you'd rather it was warm), top with the **beans** followed by the **monkfish**. Serve the **potatoes** alongside. Top the **fish** with the **Serrano ham** and remaining **almonds**. Sprinkle over the **parsley**.

## Enjoy!