



# Monkfish Medallions and Saffron Risotto

with Bacon Jam and Pea Shoot Salad

N° 25

**PREMIUM** 35 Minutes



Echalion Shallot



Garlic Clove



Lemon



Flat Leaf Parsley



Premium Tomatoes



Bacon Lardons



Original Onion Marmalade



Saffron



Vegetable Stock Powder



Arborio Rice



Monkfish Medallions



Unsalted Butter



Hard Italian Style Grated Cheese



Pea Shoots

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan, Measuring Jug, Saucepan and Ladle.

### Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Bacon Lardons**	60g	90g	120g
Original Onion Marmalade	1 pot	1½ pots	2 pots
Water for Bacon*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	750ml	1100ml	1500ml
Saffron	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Arborio Rice	175g	260g	350g
Monkfish Medallions 4)**	200g	300g	400g
Unsalted Butter 7)**	30g	45g	60g
Hard Italian Style Cheese 7)8)**	1 pack	1½ packs	2 packs
Pea Shoots**	1 bag	1½ bags	2 bags

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

### Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	483g 3441/823	100g 712/170
Fat (g)	34	7
Sat. Fat (g)	15	3
Carbohydrate (g)	89	19
Sugars (g)	18	4
Protein (g)	37	8
Salt (g)	2.03	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

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. Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Prep Time

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all). Halve the **premium tomatoes** and pop into a large bowl. Season the **tomatoes** with **salt** and **pepper**, squeeze on some **lemon juice** and drizzle on the **olive oil** (see ingredients for amount). Stir and keep to one side. Fill and boil the kettle.



## 4. Cook the Risotto

Pour in the **arborio rice** and stir well. Increase the heat to medium, cook for a minute, stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## 2. Make the Bacon Jam

Heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **bacon lardons** and cook, stirring occasionally, until golden and turning crisp, 4-5 mins. **IMPORTANT: Cook the bacon lardons throughout.** Pour away any excess fat and stir the **onion marmalade** into the pan along with the **water** (see ingredients for amount), bubble until sticky 30-60 seconds, then transfer to a bowl and set to one side. Wash the pan, we will use it later.



## 5. Cook the Monkfish

When the **rice** is almost cooked, about 5 mins left (taste to check), heat a splash of **oil** in your frying pan on medium-high heat. Season the **monkfish medallions** with **salt** and **pepper** and when **oil** is hot, add them to the frying pan and cook until they are browned on one side, 2-3 mins. Turn and cook the other sides for another 2 mins. Remove the pan from the heat and add a pinch of **lemon zest**, **half** of the **parsley** and a squeeze of **lemon juice**. Get ready to serve! **IMPORTANT: The fish is cooked when it is opaque in the middle!**



## 3. Start the Risotto

Pour the **water** into a medium saucepan on high heat (see ingredients for amount). Add the **saffron powder** and **stock powder**, stir to dissolve and reduce the heat to the lowest setting. Heat a splash of **oil** in a wide bottomed saucepan on medium-low heat. When hot, add the **shallot**, season with a of **salt** and **pepper** and cook until soft, 5-6 mins. Stir in the **garlic** and cook for a minute more.



## 6. Finish Off

When your **risotto** is cooked, remove from the heat. Add the **butter**, **cheese** and remaining **parsley**. Stir well so the **risotto** becomes creamy. Taste and add more **salt**, **pepper** and **lemon juice** to taste. Spoon the **risotto** into your bowls and top with the **monkfish medallions**. Top the **fish** with the **bacon jam**. Add the **peashoots** to the tomato bowl and toss to coat. Serve alongside.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.