



Monkfish, Pea and Bacon Risotto

with a Pea Shoot and Baby Plum Salad

Premium 45 Minutes • 1 of your 5 a day

32



Lemon



Baby Plum Tomatoes



Mint



Garlic Clove



Bacon Lardons



Risotto Rice



Vegetable Stock Paste



Monkfish Medallions



Peas



Butter



Grated Hard Italian Style Cheese



Pea Shoots

Before you start

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

Cooking tools, you will need:

Kettle, Measuring Cup, Zester, Ovenproof Pan or a Saucepan with Lid, Ovenproof Dish, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Water for the Risotto*	450ml	675ml	900ml
Lemon**	1	1	2
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	1	2
Bacon Lardons**	60g	90g	120g
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10)	15g	20g	30g
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsps
Monkfish Medallions 4) **	200g	300g	400g
Peas**	120g	180g	240g
Butter 7) **	10g	10g	20g
Grated Hard Italian Style Cheese 7) 8) **	40g	65g	80g
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	2877 /688	638 /152
Fat (g)	22	5
Sat. Fat (g)	9	2
Carbohydrate (g)	82	18
Sugars (g)	7	2
Protein (g)	40	9
Salt (g)	2.78	0.62

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.

Contact

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HelloFresh UK

Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Boil your kettle then pour the boiling **water for the risotto** (see ingredients for amount) into a measuring jug. Zest and halve the **lemon**. Halve the **baby plum tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the garlic (or use a garlic press).



Cook the Monkfish

About 10 mins before the **risotto** is ready, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **monkfish** pieces to the pan. Season with **salt** and **pepper** and scatter over the **lemon zest**. Cook the **monkfish** pieces for 3-4 mins each side, adjusting the heat as necessary. When cooked, transfer to a plate and cover to keep warm. **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, wide-bottomed ovenproof pan on medium-high heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). When hot, add the **bacon lardons** and stir-fry until golden, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Then add the **garlic** and stir-fry for another 1 min. Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins. **IMPORTANT:** Cook lardons thoroughly.



Finish the Risotto

When ready, remove from the oven and stir in the **peas**, **butter**, **half** the **mint** and **half** of the **grated hard Italian style cheese**. Squeeze in some **lemon juice**, taste and add more **salt**, **pepper** or **lemon** if needed. **TIP:** Add a splash of water if it has become a bit thick.



Bake

Next, add the boiled **water** and the **vegetable stock paste** to the pan, stirring well to combine. Bring back up to the boil, then pop a lid on the dish (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. Your **risotto** is done when your **rice** is al dente - cooked through but with a tiny bit of firmness left in the middle. Meanwhile, in a medium bowl, mix together the **olive oil for the dressing** (see ingredients for amount) and a squeeze of **lemon**. Season with **salt** and **pepper** and leave the **dressing** aside.



Finish and Serve

When everything is ready, divide the **risotto** between your bowls, lay the **monkfish medallions** on top and sprinkle the remaining **cheese** and **mint** on top to finish. Pop the **pea shoots** and **baby plum tomatoes** into the **dressing** bowl, toss to coat and 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.