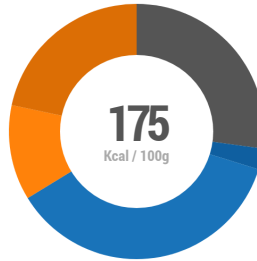


Baked monkfish on saffron risotto with Pico di Galo

OVERVIEW ...



CALORIES:

39.1% Carbs

27.1% Protein

33.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MILK



FISH

MAY CONTAIN:



OATS, WHEAT,
BARLEY, RYE



CELERY



MUSTARD



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions... **BRAKES** **155g** **1 x Each** *unchanged*
MONKFISH SKINLESS, BONELESS

130752 Gallo Pronto Saffron Risotto Base.. **BRAKES** **70g** *unchanged*
SAFFRON RISOTTO BASE

149911 Granarolo Grated Parmigiano Reggiano.. - BRAKES **BRAKES** **30g** *unchanged*
GRATED PARMIGIANO REGGIANO

136531 Ardo Chives.. **BRAKES** **2g** *unchanged*
CHIVES

136158 Pico Di Galo Fresh Salsa.. **BRAKES** **40g** *N/A*
PICO DI GALO FRESH SALSA

74831 Mixed Micro-Greens.. - BRAKES **BRAKES** **1g** *N/A*
MIXED MICRO-GREENS

114222 Red Onions.. - BRAKES **BRAKES** **25g** *unchanged*
RED ONIONS FRESH DIRECT

PRODUCTS / PACK SIZES ...

1 Serving



338g / 593kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

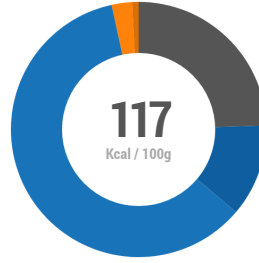
Defrost the monkfish
Finely dice the onion

Method:

1. Add a little oil to a pan over a medium heat, once hot add the monkfish, get a good caramelisation on the fish, turn and transfer to an oven at 180oC for 6-8 minutes - rest well.
2. In a pan over a medium heat sauté the onions in the butter, once soft add in the risotto and coat well - continually add boiling water or stock, stirring continuously until the rice is cooked.
3. Stir through the parmesan and chives and remove from the heat.
4. Spoon the risotto onto a suitable dish and leave a small gap in the centre to add the Pico Di Galo.
5. Top with the Monkfish, garnish with micro cress and a drizzle of olive oil - serve!

Monkfish tempura szechuan style

OVERVIEW ...



CALORIES:

72.1% Carbs

24.5% Protein

3.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



FISH



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions... **78g** $\frac{1}{2}$ x Each *unchanged*
MONKFISH SKINLESS, BONELESS

85666 Knorr Professional Blue Dragon Szechuan Concentrated Sauce 1... **20g** *unchanged*
BLUE DRAGON SZECHUAN CONCENTRATED SAUCE

10473 Spring Onions Bunch.. - BRAKES **40g** *unchanged*
SPRING ONIONS BUNCH FRESH DIRECT

10245 Mixed Peppers.. **50g** *unchanged*
PEPPERS FRESH DIRECT

152611 Sysco Classic Tempura Batter Mix.. **50g** *unchanged*
TEMPURA BATTER MIX

105597 Micro Coriander BB.. - BRAKES **1g** *N/A*
MICRO CORIANDER BB

29087 Brakes Chinese Five Spice.. - BRAKES **2g** *N/A*
CHINESE FIVE SPICE

1 Serving

🕒 241g / 290kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

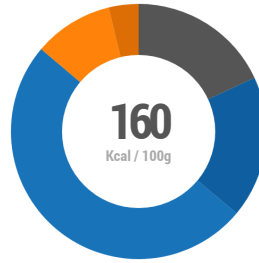
Defrost and thinly slice the monkfish
Make up the tempura batter as per pack guidelines
Trim and cut the spring onions into sticks/batons
Cut the peppers into batons

Method:

1. Season the monkfish with the five spice and then coat the fish in the batter.
2. Deep fry at 180oC until crisp and golden - drain on kitchen paper
3. In a very hot pan over a high heat add some oil, then fry the spring onion and pepper together until charred and softened slightly.
4. Add in the Szechuan sauce, stir well then add the monkfish, toss together - add a splash of water if needed.
5. Decant into a suitable dish, garnish with the micro coriander and serve immediately.

Monkfish bao bun with Asian slaw

OVERVIEW ...



CALORIES:

68.1% Carbs

18.1% Protein

13.8% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



FISH

MAY CONTAIN:



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions... **78g** $\frac{1}{2}$ x Each *unchanged*
MONKFISH SKINLESS, BONELESS

112265 Bao (Hirata) Bun.. - BRAKES **100g** 2 x Each *unchanged*
BAO BUN

525427 Asian Slaw Mix.. **50g** *N/A*
ASIAN SLAW MIX

86972 Pan Asia Sweet Chilli Dipping Sauce 1L.. - BRAKES **25g** *unchanged*
SWEET CHILLI SAUCE

134544 Kuhne Crispy Fried Onions.. - BRAKES **5g** *N/A*
FRIED ONIONS

105597 Micro Coriander BB.. - BRAKES **1g** *N/A*
MICRO CORIANDER BB

29086 Sysco Classic Cajun Seasoning.. - BRAKES **2g** *N/A*
CAJUN SEASONING

1 Serving



🕒 261g / 424kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the buns
Defrost the Monkfish and thinly slice

Method:

1. Season the monkfish with the Cajun spice and transfer to a hot griddle or pan to caramelize on each side.
2. Sprinkle a little water onto the buns and place into a microwave for 10-15 seconds until hot and fluffy.
3. In a bowl mix together the Asian slaw and sweet chilli sauce.
4. Spoon the slaw into the buns and top with the monkfish, add a sprinkle of crispy onions to each and garnish with micro coriander - serve!