



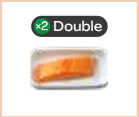
Rosy Salmon Penne Arrabiata

with Fresh Spinach Salad

Fast and Fresh

Spicy

20 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Salmon Fillets, skin-on
250 g | 500 g
- Quick-Cook Penne
227 g | 454 g
- Baby Spinach
227 g | 454 g
- Mirepoix
113 g | 227 g
- Baby Tomatoes
113 g | 227 g
- Crushed Tomatoes with Garlic and Onion
1 | 2
- Cream
113 ml | 237 ml
- Parmesan Cheese, shredded
1/4 cup | 1/2 cup
- Zesty Garlic Blend
7 g | 14 g
- Balsamic Vinegar
1 tbsp | 2 tbsp
- Chili Flakes
4 g | 8 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
 Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Butter, oil, sugar, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels

1



Start sauce and prep

- Before starting, wash and dry all produce.
- Heat a large pot over medium-high (use same for 4 servings). When hot, add **1 tbsp** (2 tbsp) **oil**, **mirepoix** and **half the Zesty Garlic Blend**. Season with **salt** and **pepper**. Cook for 3-4 min, stirring often until softened.
- Meanwhile, halve **tomatoes**.

2



Simmer sauce and finish prep

- To the pot with **mirepoix**, add **crushed tomatoes**, **cream**, **half the chili flakes** (use more if you like things spicy) and **¼ tsp** (½ tsp) **sugar**. Season with **salt** and **pepper**.
- Bring to a simmer. Reduce heat to medium-low. Cover and cook for 4-6 min, stirring occasionally, until **sauc**es thickens slightly.

3



Prep salad

- While **sauce** simmers, to a large bowl, add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**. Stir to mix.
- Add **tomatoes**. Stir to coat. Add **half the spinach**. Do not toss until step 6.

4



Cook salmon

***2 Double** | **Salmon Fillets, skin-on**

- Heat a large non-stick pan over medium-high.
- While pan heats, pat **salmon** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt**, **pepper** and **remaining Zesty Garlic Blend**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then add **salmon**. Reduce heat to medium. Cook for 2-3 min, until browned.
- Flip **salmon** and continue cooking for 2-3 min, until cooked through.**

5



Cook penne

- While **salmon** cooks, to the pot of **sauce**, add **quick-cook penne** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**. Stir to mix. Cook uncovered for 3-5 min, stirring occasionally, until **penne** is tender.
- Add **half the Parmesan**, **remaining spinach** and **1 tbsp** (2 tbsp) **butter**. Stir for 1-2 min, until **butter** melts and **spinach** wilts. (**TIP:** For a lighter sauce consistency, add water, 1-2 tbsp at a time.)

6



Finish and serve

- Toss **salad**.
- Divide **penne** and **salad** between plates.
- Remove and discard salmon skin, if desired. Top **penne** with **salmon**.
- Sprinkle **any remaining chili flakes** over top, if desired.
- Sprinkle **remaining Parmesan** over **salad**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook salmon

***2 Double** | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 158°F, as size may vary.