














# Salmon with Gremolata Butter and Broccoli Puttanesca

Mindful Eats Protein Plus 35 Minutes

 Swap	 Double
	
Shrimp 285 g   570 g	Salmon Fillets, skin-on 500 g   1000 g

Customized Protein  Add  Swap or  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	Broccoli 227 g   454 g
	
Baby Tomatoes 113 g   227 g	Lemon 1   2
	
Shallot 1   2	Parsley 7 g   14 g
	
Garlic, cloves 2   4	Mixed Olives 30 g   60 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** | Salt, pepper, butter, oil

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, medium non-stick pan, paper towels, strainer, zester

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## Prep

- Before starting, wash and dry all produce.
- Peel, then thinly slice **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- Finely chop **parsley**.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Drain **olives**, reserving **olive brine**. Halve **olives**.

2



## Cook broccoli puttanesca

- Heat a large non-stick pan over medium-high.
- When hot, add **broccoli** and  $\frac{1}{4}$  cup ( $\frac{1}{3}$  cup) **water**. Cook for 4-5 min, stirring occasionally, until tender-crisp.
- Add **1 tbsp** (2 tbsp) **oil**, then **shallots**, **tomatoes**, **olives with their brine** and **half the garlic**. Cook for 3-4 min, until **veggies** soften.
- Remove from heat. Season with **salt** and **pepper**. Cover to keep warm.

3



## Cook salmon

🔄 Swap | **Shrimp**

\*2 Double | **Salmon Fillets**

- Meanwhile, heat a medium non-stick pan (use a large non-stick pan for 4 servings) over medium-high.
- While the pan heats, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **salmon**. Cook for 5-7 min, until golden on all sides and cooked through.\*\*

4



## Make gremolata butter

- Remove the pan from heat. Transfer **salmon** to a plate, then cover to keep warm. Set the pan aside to cool, 2 min.
- Reheat the same pan over medium-low. Add **2 tbsp** (4 **tbsp**) **butter** and **remaining garlic**. Cook for 1 min, stirring often, until **butter** melts and **garlic** is fragrant.
- Remove from heat, then add **lemon zest**, **lemon juice** and **half the parsley**. Stir to combine. Season with **salt** and **pepper**. Cover to keep warm.

5



## Finish and serve

- Divide **salmon** and **broccoli puttanesca** between plates.
- Drizzle **gremolata butter** over **salmon**.
- Sprinkle **remaining parsley** over top.

**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.

## 3 | Cook shrimp

🔄 Swap | **Shrimp**

If you've opted for **shrimp**, heat a medium non-stick pan (use a large non-stick pan for 4 servings) over medium-high. While the pan heats, using a strainer, drain and rinse **shrimp**. Pat **shrimp** dry with paper towels. Season with **salt** and **pepper**. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*

## 3 | Cook salmon

\*2 Double | **Salmon Fillets**

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** using a large non-stick pan. Work in batches if necessary.

\*\* Cook fish and shrimp to minimum internal temperatures of 158°F and 165°F, as size may vary.