



# Cajun Salmon and Shrimp













## on Savoury Rice with Blistered Pepper Salsa

**SPECIAL** 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Salmon Fillets
-  Shrimp
-  Basmati Rice
-  Celery
-  Sweet Bell Pepper
-  Roma Tomato
-  Green Onions
-  Lemon
-  Onion, chopped
-  Cajun Seasoning
-  Garlic Salt
-  Vegetable Broth Concentrate

**HELLO BIG EASY**

*Is the nickname for New Orleans! This city is known for its traditions of delicious food and fun.*

## START HERE

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

### Bust Out

Baking Sheet, Measuring Spoons, Strainer, Aluminum Foil, Medium Pot, Large Bowl, Measuring Cups, Large Non-Stick Pan, Paper Towels, Zester

### Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cup
Celery	3	6
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Green Onions	2	4
Lemon	1	1
Onion, chopped	56 g	113 g
Cajun Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 ½ tsp	3 tsp
Vegetable Broth Concentrate	1	2
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F respectively, as size may vary.

### Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### 1. COOK RICE

Cut **celery** into ¼-inch pieces. Heat a medium pot over medium heat. When hot, add **1 tbsp butter**, then **onion, celery** and **½ tsp garlic salt** (dbl for 4 ppl). Cook, stirring often, until tender, 3-4 min. Add **rice** and cook, stirring often, until toasted, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate**. Cover and bring to boil over high heat. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### 4. ROAST SALMON

While **peppers** cook, arrange **salmon** on a foil-lined baking sheet and drizzle with **½ tbsp oil** (dbl for 4ppl). Bake in the **middle** of the oven until **fish** is opaque in the centre, 6-8 min.\*\*



### 2. PREP

Core, then cut **bell pepper** into ½-inch pieces. Cut **tomato** into ½-inch pieces. Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges. Thinly slice **green onions**. Drain **shrimp** and pat dry with paper towels. Pat **salmon** dry with paper towels. Sprinkle **salmon** with **half the Cajun seasoning** and **½ tsp garlic salt** (dbl for 4ppl). Season with **pepper**.



### 5. COOK SHRIMP

Heat the same pan (from step 3) over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turns pink, 3-4 min.\*\* Stir in **remaining Cajun seasoning** and **remaining green onions**. Season with **salt** and **pepper**. Remove pan from the heat and set aside.



### 3. MAKE SALSA

Heat a large non-stick pan over high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **bell peppers** and **remaining garlic salt**. Cook, stirring occasionally, until tender-crisp and blistered, 3-4 min. Remove pan from the heat and transfer peppers to a large bowl. Add **tomatoes** and **half the green onions** to the large bowl. Toss to combine. Season with **salt** and **pepper**.



### 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **lemon zest**. Divide **rice** and **salmon** among plates. Spoon **salsa** over **rice**. Top **salmon** with **shrimp**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!