



Cajun Salmon and Shrimp

on Savoury Rice with Blistered Pepper Salsa

Special

Spicy

35 Minutes



Salmon Fillets, skinless



Shrimp



Basmati Rice



Celery



Sweet Bell Pepper



Roma Tomato



Green Onions



Lemon



Onion, chopped



Cajun Seasoning



Garlic Salt



Vegetable Broth Concentrate

HELLO CAJUN SEASONING

A savoury spice blend inspired by the flavours of Louisiana!

Start here

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

Bust out

Baking sheet, measuring spoons, strainer, zester, aluminum foil, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 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 tsp	2 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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Cook rice

Cut **celery** into ¼-inch pieces. Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions, 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. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and liquid is absorbed, 12-14 min.



Roast salmon

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



Prep

While **rice** cooks, core, then cut **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**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Pat **salmon** dry with paper towels, then sprinkle with **half the Cajun Seasoning** and **¼ tsp garlic salt** (dbl for 4 ppl). Season with **pepper**.



Cook shrimp

While **salmon** roasts, heat the same pan (from step 3) over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.** Season with **remaining Cajun Seasoning, salt** and **pepper**. Remove pan from heat.



Make salsa

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



Finish and serve

Fluff **rice** with a fork, then stir in **lemon zest**. Divide **rice** and **salmon** between plates. Spoon **salsa** over **rice**. Top **salmon** with **shrimp**. Sprinkle **remaining green onions** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!