



Cajun Salmon and Shrimp

with Savoury Rice and Blistered Pepper Salsa

Special

Spicy

35 Minutes



Salmon Fillets,
skin-on



Shrimp



Basmati Rice



Celery



Sweet Bell Pepper



Roma Tomato



Green Onion



Lemon



Onion, chopped



Cajun Spice Blend



Vegetable Broth
Concentrate

HELLO CAJUN SPICE BLEND

A savoury spice blend inspired by the flavours of Louisiana!

Start here

- Before starting, preheat the 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, skin-on	250 g	500 g
Shrimp	285 g	570 g
Basmati Rice	¾ cup	1 ½ cups
Celery	3	6
Sweet Bell Pepper	160 g	320 g
Roma Tomato	80 g	160 g
Green Onion	2	4
Lemon	1	1
Onion, chopped	56 g	113 g
Cajun Spice Blend 🍷	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
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 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.

Contact

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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 **¼ tsp salt** (dbl for 4 ppl). Cook, stirring often, until tender, 3-4 min.
- Add **rice**. Cook, stirring often, until toasted, 1-2 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** and bring to boil over high.
- Once boiling, reduce heat to low and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Roast salmon

- Meanwhile, line a baking sheet with foil.
- Pat **salmon** dry with paper towels, then season with **salt, pepper** and **half the Cajun Seasoning**.
- Arrange **salmon** on the prepared baking sheet, skin-side down. Drizzle with **½ tbsp oil** (dbl for 4 ppl).
- Roast **salmon** in the **middle** of the oven until opaque in the centre, 6-8 min.**



Prep

- Meanwhile, 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**.



Cook shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels, then season with **salt** and **pepper**.
- Reheat 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.**
- Remove **shrimp** from heat, then season with **remaining Cajun Spice Blend**. Toss to coat.



Make salsa

- Heat a large non-stick pan over high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp and blistered, 3-4 min.
- Remove the pan from heat, then transfer **peppers** to a large bowl.
- Add **tomatoes, half the green onions** and **¼ tsp sugar** (dbl for 4 ppl) to the bowl. Season with **salt** and **pepper**, then toss to combine. (TIP: Squeeze a lemon wedge into salsa, if desired!)



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 with **remaining green onions**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!