



Creamy Garlic Salmon Penne

with Spinach and Parmesan

Family Friendly

Fresh Pasta

15-25 Minutes



Salmon Fillets, skin-on
250 g | 500 g



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Fresh Penne
227 g | 454 g



Cream Cheese
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Cooking Wine
4 tbsp | 8 tbsp



Chili Flakes
1 tsp | 1 tsp



Onion, chopped
56 g | 113 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Vegetable Broth Concentrate
1 | 2

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.

Pantry items | Unsalted butter, salt, pepper

Cooking utensils | Baking sheet, colander, measuring spoons, aluminum foil, measuring cups, whisk, large pot, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, roughly chop **spinach**.
- Pat **salmon** dry with paper towels, then season with **salt** and **Lemon-Pepper Seasoning**.

2



Cook salmon

- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add **salmon**, skin-side down. Sear until golden-brown, 1-2 min. Transfer to a foil-lined baking sheet, skin-side down.
- Drizzle **melted butter** over **salmon**.
- Broil in the **middle** of the oven until **salmon** is cooked through, 4-6 min.**

3



Cook pasta

- While **salmon** broils, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 2-3 min.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

4



Sauté onions

- Meanwhile, return the same pan (from step 2) to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **garlic puree** and **Cream Sauce Spice Blend**, then stir to coat, 30 sec.
- Add **cooking wine**. Cook, stirring often, until **wine** reduces by half, 20-40 sec.

5



Finish pasta

- Add **reserved pasta water**, **broth concentrate** and **cream cheese** to the pan with **onion mixture**. Cook, whisking often, until **sauce** comes to a simmer.
- Simmer, stirring often, until **cream cheese** is combined and **sauce** thickens slightly, 2-3 min.
- Add **penne**, **spinach** and **half the Parmesan**.
- Cook, stirring often, until **sauce** coats **penne** and **spinach** wilts, 1-2 min. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Carefully remove **salmon** skin, if desired.
- Divide **penne** between bowls. Top with **salmon**.
- Sprinkle **remaining Parmesan** and **chili flakes** over top, if desired.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



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