



Creamy Garlic Shrimp and Herby Roasted Salmon

with Fresh Linguine and Snap Peas

Special

Optional Spice

40 Minutes



Salmon Fillets, skin-on



Shrimp



Fresh Linguine



Lemon



Garlic, cloves



Parsley



Yellow Onion



Sugar Snap Peas



Chili Flakes



Cream



Cream Sauce Spice Blend



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The Italian name for 'seafood' means fruit of the sea!

Start here

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

Heat Guide for Step 1:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Shrimp	285 g	570 g
Fresh Linguine	227 g	454 g
Lemon	1	1
Garlic, cloves	2	4
Parsley	7 g	7 g
Yellow Onion	56 g	113 g
Sugar Snap Peas	113 g	227 g
Chili Flakes 🌶️	1 tsp	1 tsp
Cream	113 ml	237 ml
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 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.

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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Prep and make garlic oil

- 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.
- Meanwhile, finely chop **parsley**.
- Trim, then halve **snap peas**.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges.
- Peel, then mince or grate **garlic**.
- Combine **lemon zest, half the parsley, half the garlic, 1 tbsp oil** (dbl for 4 ppl) and **¼ tsp chili flakes** in a small bowl. (NOTE: Reference heat guide.)



Make cream sauce

- Heat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 3-4 min.
- Sprinkle **Cream Sauce Spice Blend** over **onions**. Cook, stirring often, until coated, 30 sec.
- Add **cream** and **½ cup water** (dbl for 4 ppl). (TIP: For a creamier sauce, use milk instead of water.) Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.



Roast salmon and snap peas

- Add **snap peas** and **½ tbsp oil** (dbl for 4 ppl) to one side of a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on the other side of the baking sheet with **snap peas**, then spread **herby garlic oil** over tops.
- Roast in **middle** of the oven until **snap peas** are tender-crisp and **salmon** is cooked through, 9-12 min.**



Cook linguine

- When **sauce** is almost done, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 3-4 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl).
- Drain and return **linguine** to the same pot, off heat.



Cook shrimp

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp** and **remaining garlic**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove the pan from heat. Transfer **shrimp** to a plate, then cover to keep warm.



Finish and serve

- Add **cream sauce, shrimp** and **snap peas** to the pot with **linguine**. (TIP: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.) Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **linguine** between plates. Top with **salmon**, then sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining chili flakes**, if desired.

Dinner Solved!