



Creamy Garlic Shrimp and Herby Salmon

with Fresh Linguine and Peppers

Fresh Pasta

Optional Spice

40 Minutes



Salmon Fillets,
skin-on



Shrimp



Fresh Linguine



Lemon



Garlic, cloves



Parsley



Yellow Onion



Sweet Bell Pepper



Chili Flakes



Cream



Cream Sauce Spice
Blend

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

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
Sweet Bell Pepper	160 g	320 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 to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, 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.

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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**.
- Core, then cut **pepper** into ¼-inch slices.
- 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

- Reheat 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 from your pantry 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 peppers

- Add **peppers** 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, then spread **herby garlic oil** over tops.
- Roast in **middle** of the oven until **peppers** 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 **peppers** 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!