



Creamy Garlic Shrimp and Herby Salmon

with Fresh Linguine and Peppers

Family Friendly

Fresh Pasta

Optional Spice

35-45 Minutes



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
½ | 1



Sweet Bell
Pepper
1 | 2



Chili Flakes
1 tsp | 1 tsp



Cream
113 ml | 237 ml



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp

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.

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
 - Mild: ¼ tsp
 - Medium: ½ tsp
 - Spicy: 1 tsp

- 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.

2



Make garlic oil and roast salmon

- Peel, then mince or grate **garlic**.
- Combine **lemon zest, half the parsley, half the garlic, 1 tbsp** (2 tbsp) **oil** and ¼ **tsp chili flakes** in a small bowl. (**NOTE:** Reference heat guide.)
- Add **peppers** and ½ **tbsp** (1 tbsp) **oil** 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 top.
- Roast in **middle** of the oven until **peppers** are tender-crisp and **salmon** is cooked through, 9-12 min.**

3



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** (1 tbsp) **oil**, 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.

4



Make cream sauce

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, 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** (1 cup) **water**. (**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.

5



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** (½ cup) **pasta water**.
- Drain and return **linguine** to the same pot, off heat.

6



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.

** Cook shrimp and salmon to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.



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