



# Creamy Pesto Salmon and Shrimp

with Wild Rice Pilaf

Special

40 Minutes



Salmon Fillets,  
skin-on



Shrimp



Wild Rice Medley



Sweet Bell Pepper



Green Beans



Shallot



Lemon



Walnuts, chopped



Basil Pesto



Cream



Cream Cheese



Vegetable Stock  
Powder



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## HELLO BASIL PESTO

*This sweet, herbaceous sauce is great to add to dishes for extra flavour power!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

2 Baking sheets, medium bowl, measuring spoons, strainer, zester, aluminum foil, medium pot, 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
Wild Rice Medley	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Green Beans	170 g	340 g
Shallot	50 g	100 g
Lemon	1	2
Walnuts, chopped	28 g	56 g
Basil Pesto	¼ cup	½ cup
Cream	56 ml	113 ml
Cream Cheese	43 g	86 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

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## Cook wild rice pilaf

- Add **vegetable stock powder**, **wild rice medley** and **1 cup water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove the pot from heat. Set aside, still covered.

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## Broil salmon and shrimp

- While **veggies** cook, arrange **salmon** on a foil-lined baking sheet, skin-side down. Drizzle with **½ tbsp oil** (dbl for 4 ppl).
- Broil **salmon** in the **top** of the oven until cooked through, 7-9 min.\*\*
- Meanwhile, toss **shrimp** with **½ tbsp oil** (dbl for 4 ppl) on an unlined baking sheet.
- Broil in the **middle** of the oven until **shrimp** just turn pink, 5-6 min.\*\*

2



## Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Trim **green beans**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

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## Make sauce

- Meanwhile, heat the same pan (from step 3) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shallots**. Cook, stirring occasionally, until fragrant, 1-2 min.
- Add **cream**, **cream cheese** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** is smooth and warmed through, 1-2 min.
- Remove from heat. Stir in **remaining pesto**. Season with **salt** and **pepper**, to taste.

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **green beans**. Season with **salt** and **pepper**, then toss to combine. Cook, stirring occasionally, until tender-crisp, 3-5 min.
- Remove from heat. Transfer **veggies** to a medium bowl.
- Add **half the lemon zest** and **½ tbsp pesto** (dbl for 4 ppl) to **veggies**, then toss to coat. (NOTE: Remaining pesto will be used in step 5.)
- Cover to keep warm.

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## Finish and serve

- Fluff **rice** with a fork, then stir in **remaining lemon zest**, **1 tbsp butter** and **1 tsp lemon juice** (dbl both for 4 ppl).
- Divide **wild rice pilaf**, **veggies**, **salmon** and **shrimp** between plates.
- Spoon **sauce** over **salmon** and **shrimp**.
- Sprinkle **walnuts** over **veggies**.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!