



# Garlicky Shrimp Alfredo

with Herby Roasted Salmon and Snap Peas

Special

Optional Spice

35 Minutes



Salmon Fillets, skin-on



Shrimp



Linguine



Lemon



Garlic, cloves



Parsley



Onion, chopped



Sugar Snap Peas



Chili Flakes



Cream



Cream Sauce Spice Blend

HELLO FRUTTI DI MARE

*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 2:

- 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
Linguine	170 g	340 g
Lemon	1	1
Garlic, cloves	2	4
Parsley	7 g	14 g
Onion, chopped	56 g	113 g
Sugar Snap Peas	113 g	227 g
Chili Flakes 🌶️	¼ tsp	¼ 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 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.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



## 1 Prep

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to boil over high heat. While **water** comes to a boil, roughly chop **parsley**. Trim, then halve **snap peas**. Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges. Peel, then mince or grate **garlic**.



## 2 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. Stir together **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.) 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 drizzle with **herby garlic oil**. Roast in **middle** of the oven until **snap peas** are tender-crisp and **salmon** is cooked through, 8-10 min.\*\*



## 3 Cook linguine

While **salmon** and **snap peas** roast, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¼ cup pasta water** (dbl for 4 ppl). Drain and return **linguine** to the same pot, off heat.



## 4 Cook shrimp

While **linguine** cooks, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil**, then **shrimp** and **remaining garlic**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* (**NOTE:** For 4 ppl, cook in 2 batches, using ½ tbsp oil per batch.) Remove the pan from heat. Transfer **shrimp** to a plate and cover to keep warm.



## 5 Make Alfredo 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, 1-2 min. Add **cream** and **½ cup water** (dbl for 4 ppl). (**TIP:** For a creamier sauce, use milk instead of water.) Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.



## 6 Finish and serve

Add **Alfredo sauce**, **shrimp**, **snap peas** and **reserved pasta water** to the pot with **linguine**. Season with **salt** and **pepper**, then toss combine. Divide **linguine** between plates. Top with **salmon**, then sprinkle with **remaining parsley**. Squeeze over a **lemon wedge** and sprinkle with more **chili flakes**, if desired.

Dinner Solved!