



Garlicky Shrimp Linguine Alfredo

with Herby Roasted Salmon and Snap Peas

SPECIAL

SPICY

35 Minutes



Salmon Fillets, skinless



Shrimp



Linguine



Lemon



Garlic



Parsley



Onion, chopped



Sugar Snap Peas



Chili Flakes



Cream



All-Purpose Flour

HELLO FRUTTI DI MARE!

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

Start Strong

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

Heat Guide for Step 2:

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

Bust Out

Baking Sheet, Garlic Press, Large Non-Stick Pan, Large Pot, Paper Towels, Strainer, Aluminum Foil, Small Bowl, Microplane/Zester, Measuring Cups & Spoons

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Shrimp	285 g	570 g
Linguine	170 g	340 g
Lemon	1	1
Garlic	6 g	12 g
Parsley	7 g	14 g
Onion, chopped	56 g	113 g
Sugar Snap Peas	113 g	227 g
Chili Flakes 🌶️	1 tsp	2 tsp
Cream	237 ml	474 ml
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F.

*** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, roughly chop **parsley**. Trim, then halve **snap peas**. Zest **half the lemon** (dbl for 4ppl), then cut into wedges. Peel, then mince or grate **garlic**. Using a strainer, drain **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Pat **salmon** dry with paper towels and season with **salt** and **pepper**.



4. COOK SHRIMP

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **shrimp** and **remaining garlic**. Cook, stirring occasionally, until **shrimp** turns just pink, 3-4 min.*** Remove pan from the heat then transfer **shrimp** to a plate. Cover to keep warm and set aside (**TIP:** Cook in 2 batches for 4ppl).



2. ROAST SALMON & PEAS

Toss **snap peas** with **½ tbsp oil** (dbl for 4 ppl) on one side of a foil-lined baking sheet. Season with **salt** and **pepper**. In a small bowl, stir **lemon zest**, **half the parsley**, **half the garlic**, **¼ tsp chili flakes** and **1 tbsp oil** (dbl both for 4ppl). (**NOTE:** Reference Heat Guide in Start Strong.) Arrange **salmon** on the other side of the sheet and drizzle with **herby garlic oil**. Roast in **middle** of oven, until **salmon** is cooked through, 10-12 min.**



5. COOK SAUCE

Heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 3-4 min. Sprinkle **flour** over **onions** and cook, stirring until coated, 1-2 min. Add **cream** and cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min.



3. COOK LINGUINE

While **salmon** and **snap peas** roast, add **linguine** to the pot of **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), drain and return **linguine** to the pot.



6. FINISH AND SERVE

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

Dinner Solved!