















Mussel Linguine and Roasted Salmon

with Herby Garlic Ciabatta

SPECIAL 35 Minutes



-  Salmon Fillets, skinless
-  Mussels
-  Linguine
-  Onion, chopped
-  Garlic
-  Crushed Tomatoes
-  Cherry Tomatoes
-  Parsley
-  Ciabatta Bun
-  Chili Flakes
-  Balsamic Vinegar
-  Spring Mix

HELLO FRUTTI DI MARE!

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

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.

Heat Guide for Step 2:

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

Bust Out

2 Baking Sheets, Garlic Press, Large Bowl, Large Pot, Paper Towels, Small Bowl, Strainer, Aluminum Foil, Large Non-Stick Pan, Measuring Cups, Measuring Spoons, Large Bowl, Whisk

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Mussels	454 g	908 g
Linguine	170 g	340 g
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Crushed Tomatoes	1 box	2 box
Cherry Tomatoes	113 g	227 g
Parsley	7 g	14 g
Ciabatta Bun	2	4
Chili Flakes 🌶️	1 tsp	1 tsp
Balsamic Vinegar	2 tbsp	4 tbsp
Spring Mix	113 g	227 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

*** Cook to a minimum internal temperature of 70°C/158°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 boil over high heat. Meanwhile, roughly chop **parsley**. Peel, then mince or grate **garlic**. Using a strainer, drain **mussels** over a large bowl, reserving **liquid**. Remove and discard any **broken or closed mussels**.



4. ROAST TOMATOES & SALMON

Toss **cherry tomatoes** with **½ tsp oil** (dbl for 4 ppl) on one side of a foil-lined baking sheet. Season with **salt** and **pepper**. Pat **salmon** dry with paper towels, then season with **salt** and **pepper**. Arrange **salmon** on the other side of the sheet and drizzle with **½ tsp oil** (dbl for 4 ppl). Roast in **middle** of oven, until **salmon** is opaque in the centre, 6-8 min.*** Toss **cherry tomatoes** with **half the vinegar**.



2. COOK SAUCE

Heat a large non-stick pan over medium heat (**NOTE:** Use a large pot for 4 ppl). When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**, **half the garlic** and **1 tsp chili flakes** (**NOTE:** Reference Heat Guide in Start Strong). Cook, stirring often, until softened, 4-5 min. Add **crushed tomatoes**. Cook, stirring occasionally, until slightly reduced, 7-8 min. Add **mussels** and their **liquid**. Cover and cook, until warmed through, 2-3 min.**



5. MAKE SALAD

Whisk **remaining vinegar** with **½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **spring mix** and toss to coat.



3. COOK LINGUINE & MAKE GARLIC CIABATTA

Add **linguine** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Drain and return to the pot. Stir **half the parsley** with **remaining garlic** and **2 tbsp butter** (room temp.) (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Halve **ciabatta buns** and spread **garlic butter** on the cut-sides. Arrange on a baking sheet, cut-side up. Toast in **top** of oven, until golden, 6-7 min.



6. FINISH AND SERVE

Add **sauce** to the pot with **linguine**. Toss together. Season with **salt** and **pepper**. Divide **linguine** and **mussels** between plates. Top with **salmon**, **balsamic-tomatoes** and any **remaining juices** from the sheet. Sprinkle with **remaining parsley**. Cut **garlic ciabatta** diagonally into triangles. Serve with **ciabatta toasts** and **salad** on the side.

Dinner Solved!