

Salmon and Shrimp in Lemon-Caper Cream Sauce with Garlicky Roasted Potatoes

Holiday

35 Minutes



Salmon Fillets, skin-on



Shrimp



Garlic, cloves



Dijon Mustard



Cream



Capers



White Cooking Wine



Lemon



Parsley



Sugar Snap Peas



Yellow Potato

HELLO CAPERS

Small but powerful capers add a bold, briny and salty flavour to this dish!

Start here

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

Bust out

2 Baking sheets, measuring spoons, strainer, large bowl, measuring cups, large non-stick pan, paper towels, parchment paper

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Shrimp	285 g	570 g
Garlic, cloves	2	4
Dijon Mustard	1 tbsp	2 tbsp
Cream	113 ml	237 ml
Capers	30 g	60 g
White Cooking Wine	4 tbsp	8 tbsp
Lemon	1	2
Parsley	7 g	14 g
Sugar Snap Peas	113 g	227 g
Yellow Potato	420 g	840 g
Unsalted Butter*	2 ½ tbsp	5 tbsp
Sugar*	¼ tsp	¼ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°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 us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.



Roast salmon and sauté shrimp

- Meanwhile, pat **salmon** dry with paper towels.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Season with **salt** and **pepper**. Drizzle **½ tbsp oil** (dbl for 4 ppl) over **salmon**.
- Roast in the **top** of the oven until cooked through, 8-10 min.**
- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Season **shrimp** with **salt** and **pepper**.
- When **snap peas** are done, return the pan to medium-high.
- Add **½ tbsp oil** (dbl for 4 ppl) to the pan, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer **shrimp** to a plate.
- Carefully wipe the pan clean.



Prep and make garlic butter

- Meanwhile, peel, then mince or grate **garlic**.
- Drain, then rinse **capers**. Pat dry with paper towels.
- Juice **half the lemon**, then cut **remaining lemon** into wedges.
- Finely chop **parsley**.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Transfer **garlic butter** to a large bowl.



Cook lemon-caper cream sauce

- Return the same pan to medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **capers** and **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cooking wine** and **lemon juice**. Bring to a simmer. Simmer, stirring occasionally, until **mixture** reduces by half, 1-2 min.
- Add **cream**, **Dijon** and **½ tsp sugar** (dbl for 4 ppl). Return to a simmer. Simmer, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Add **shrimp** and **half the parsley** to the pan. Cook, stirring occasionally, until **shrimp** are warmed through, 1 min.



Cook snap peas

- Return the same pan to medium-high.
- Add **snap peas** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **½ tbsp butter** (dbl for 4 ppl) and **half the remaining garlic**. Season with **salt** and **pepper**, to taste. Cook, stirring often, until **garlic** is fragrant and **snap peas** are tender-crisp, 30 sec-1 min.
- Transfer **snap peas** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.



Finish and serve

- Add **potatoes** and **remaining parsley** to the large bowl with **garlic butter**, then toss to coat.
- Divide **potatoes**, **salmon** and **snap peas** between plates.
- Spoon **shrimp** and **lemon-caper cream sauce** over **salmon**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!