



# Southern Seafood Cookout

with Lemon Garlic Butter

Long Weekend Grill

Spicy

40 Minutes



Salmon Fillets,  
skinless



Shrimp



Cajun Seasoning



Hot Sauce



Canned Corn



Red Potato



Zucchini



Yellow Onion



Garlic



Lemon



Parsley

HELLO CAJUN SEASONING

*A savoury spice blend inspired by the flavours of Louisiana!*

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 500°F over medium-high heat.

### Heat Guide for Steps 2 and 4 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp
- Extra-spicy: 2 tbsp

## Bust out

Microplane/zester, measuring spoons, silicone brush, strainer, small non-stick pan, aluminum foil, large bowl, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Shrimp	285 g	570 g
Cajun Seasoning 🍷	2 tbsp	4 tbsp
Hot Sauce 🍷	2 tbsp	4 tbsp
Canned Corn	227 g	454 g
Red Potato	360 g	720 g
Zucchini	200 g	400 g
Yellow Onion	113 g	226 g
Garlic	9 g	18 g
Lemon	1	2
Parsley	7 g	14 g
Unsalted Butter*	3 tbsp	6 tbsp
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 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 veggies

Zest, then juice **lemon**. Drain, then rinse **corn**. Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Cut **potatoes** into ½-inch wedges. Peel, then cut **onion** into ½-inch pieces. Peel, then grate or mince **garlic** (6 cloves for 4 ppl). Roughly chop **parsley**.

4



## Prep seafood

While **butter** is melting, drain and rinse **shrimp**, using a strainer, then pat dry with paper towels. Pat **salmon** dry with paper towels. Combine **remaining Cajun Seasoning, remaining lemon juice, 1 tbsp hot sauce** (NOTE: Reference heat guide) and **1 tbsp oil** in the same large bowl (from step 2). Season with **salt** and **pepper**. Brush **salmon** with **half the marinade**. Add **shrimp** to the bowl with **remaining marinade** and toss to coat.

2



## Prep veggie pouch

Add **potatoes, corn, zucchini, onions, half the garlic, half the Cajun Seasoning, 1 tbsp hot sauce** (NOTE: Reference heat guide), **1 tbsp oil** and **3 tbsp water** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine. Layer two 24x12-inch pieces of foil. Arrange **veggie** on one side of foil. Fold foil in half over **veggie mixture** and pinch to seal pouch. (NOTE: Make 2 pouches for 4 ppl.)

5



## Grill veggies and seafood

Place **veggie pouch** on one side of grill, close lid and grill over medium-high heat, until tender, 18-20 min. When **veggies** are halfway done, arrange a sheet of foil on the other side of the grill. Add **salmon** to foil. Close lid and grill, carefully flipping once, until **salmon** is cooked through, 4-5 min per side.\*\* Add **shrimp** to grill. Cook, flipping once, until cooked through, 2-3 min per side.\*\* (TIP: Don't overcrowd your grill! Grill seafood once veggies are done if there isn't enough space on the grill.)

3



## Make lemon garlic butter

Heat a small non-stick pan over medium-low. When hot, add **remaining garlic** and **3 tbsp butter** (dbl for 4 ppl). Leave to melt, 3-5 min. When melted, remove pan from heat and stir in **lemon zest, half the parsley** and **half the lemon juice**. Season with **salt** and **pepper**.

6



## Finish and serve

Divide **veggies** between plates. Top with **shrimp** and **salmon**. Sprinkle **remaining parsley** over top. Serve **lemon garlic butter** and any **remaining hot sauce** on the side for dipping.

## Dinner Solved!