



Zesty Garlic Salmon

with Spinach and Feta Linguine

20 Minutes

↗ Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

***2** Double



Salmon Fillets, skin-on
500 g | 1000 g



Salmon Fillets, skin-on
250 g | 500 g



Linguine
170 g | 340 g



Baby Spinach
28 g | 56 g



Feta Cheese, crumbled
¼ cup | ½ cup



Crushed Tomatoes with Garlic and Onion
1 | 2



Zesty Garlic Blend
1 tbsp | 2 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, colander, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

1



Prep and cook linguine

- Before starting, preheat the oven to 450°F.
 - Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Roughly chop **spinach**.
 - Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
 - Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.

2



Roast salmon

×2 Double | Salmon Fillets

- Meanwhile, pat **salmon** dry with paper towels. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Arrange **salmon** on a parchment-lined baking sheet. Drizzle **½ tsp** (1 tsp) **oil** over top.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

3



Make sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Add **crushed tomatoes** and **remaining Zesty Garlic Blend**. Cook, stirring occasionally, until **sauce** is slightly reduced, 1-2 min.
- Remove from heat.

4



Finish and serve

- Add **sauce**, **spinach** and **2 tbsp** (4 tbsp) **reserved pasta water** to the pot with **linguine**. (**TIP**: For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired!)
- Season with **salt** and **pepper**, then toss until **spinach** wilts, 1-2 min.
- Divide **linguine** between bowls, then top with **zesty garlic salmon**.
- Sprinkle with **feta**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Roast salmon

×2 Double | Salmon Fillets

If you've opted for **double salmon**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.