

# HELLO Zesty Garlic Salmon with Spinach and Feta Linguine

with Spinach and Feta Linguine

20 Minutes





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 🎥



Salmon Fillets, skin-on 500 g | 1000 g







Linguine 170 g | 340 g



**Baby Spinach** 



28 g | 56 g



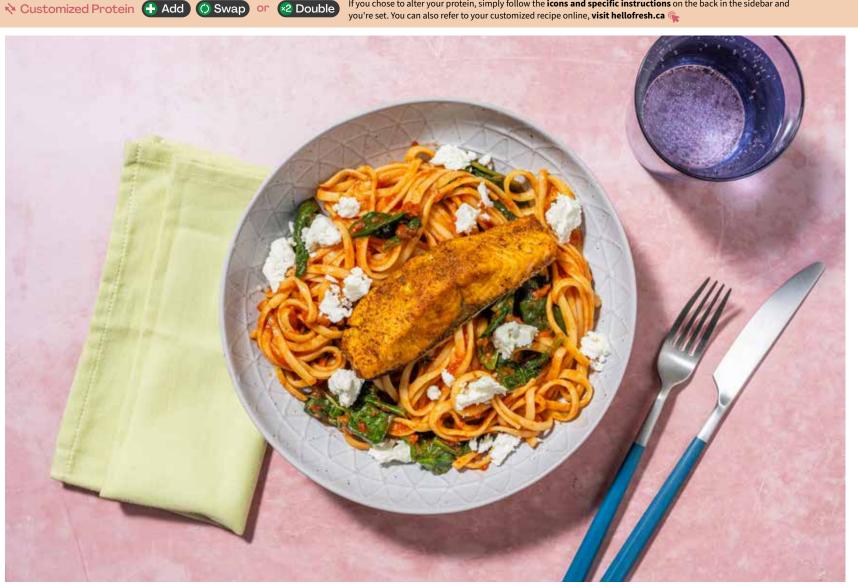


Tomatoes with Garlic and Onion 1 2



Zesty Garlic

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



# 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.



#### 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.



# Roast salmon

# 😢 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.\*\*



# 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.

Measurements within steps

1 tbsp (2 tbsp)

tbsp) oil

#### 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**.

