



# Creamy Garlic Shrimp and Herby Salmon

## with Fresh Linguine and Peppers

Customer Fave

40 Minutes



Salmon Fillets,  
skin-on  
250 g | 500 g



Shrimp  
285 g | 570 g



Parsley  
7 g | 7 g



Sweet Bell  
Pepper  
1 | 2



Yellow Onion  
½ | 1



Lemon  
1 | 1



Garlic, cloves  
2 | 4



Chili Flakes  
1 tsp | 1 tsp



Cream Sauce  
Spice Blend  
1 tbsp | 2 tbsp



Cream  
113 ml | 237 ml



Fresh Linguine  
227 g | 454 g

**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, unsalted butter, salt, pepper

**Cooking utensils** | Aluminum foil, baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, small bowl, strainer, zester

Measurements  
within steps

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

1

### Prep and make garlic oil

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

#### • Heat Guide for Step 2:

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

- Add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, finely chop **parsley**.
- Core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges.
- Peel, then mince or grate **garlic**.

4

### Make cream sauce

- Reheat the same pan over medium.
- When hot, add **1 tbsp (2 tbsp) butter**, then **onions**. Cook, stirring often, until softened, 3-4 min.
- Sprinkle **Cream Sauce Spice Blend** over **onions**. Cook, stirring often, until coated, 30 sec.
- Add **cream** and **½ cup (1 cup) water**. (**TIP:** For a creamier sauce, use milk instead of water.) Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.

2

### Roast salmon and peppers

- Combine **lemon zest**, **half the parsley**, **half the garlic**, **1 tbsp (2 tbsp) oil** and **¼ tsp chili flakes** in a small bowl. (**NOTE:** Reference heat guide.)
- Add **peppers** and **½ tbsp (1 tbsp) oil** to one side of a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on the other side of the baking sheet, then spread **herby garlic oil** over tops.
- Roast in **middle** of the oven until **peppers** are tender-crisp and **salmon** is cooked through, 9-12 min.\*\*

5

### Cook linguine

- When **sauce** is almost done, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 3-4 min.
- Reserve **¼ cup (½ cup) pasta water**.
- Drain and return **linguine** to the same pot, off heat.

3

### Cook shrimp

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **shrimp** and **remaining garlic**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove the pan from heat. Transfer **shrimp** to a plate, then cover to keep warm.

6

### Finish and serve

- Add **cream sauce**, **shrimp** and **peppers** to the pot with **linguine**. (**TIP:** For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.) Season with **salt** and **pepper**, to taste, then toss to combine.
- Divide **linguine** between plates. Top with **salmon**, then sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining chili flakes**, if desired.

\*\* Cook shrimp and salmon to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.