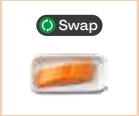




Smart Sun-Dried Tomato Pesto Shrimp

with Roasted Veggies and Cauliflower Rice

Smart Meal 30 Minutes



Salmon Fillets, skin-on
250 g | 500 g

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](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Cauliflower
285 g | 570 g



Zucchini
1 | 2



Baby Tomatoes
113 g | 227 g



Garlic Salt
1 tsp | 2 tsp



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup

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, butter, salt, pepper

Cooking utensils | Large non-stick pan, measuring spoons, medium bowl, strainer

1



Prep

- Before starting, wash and dry all produce.

[Swap](#) | [Salmon Fillets, skin-on](#)

- Thinly slice **cauliflower**, then finely chop into rice-sized pieces. (**TIP:** If you have a food processor, add cauliflower and pulse to rice-sized pieces.)
- Transfer to a medium bowl.
- Cut **zucchini** into ¼-inch half-moons.
- Poke **tomatoes** with a fork.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**.

4



Cook shrimp

[Swap](#) | [Salmon Fillets, skin-on](#)

- Add **shrimp**, **pesto** and **2 tbsp** (4 tbsp) **water** to the same pan. Cook, stirring occasionally, until **shrimp** just turn pink and **sauce** thickens slightly, 2-3 min. ******
- Season with **salt** and **pepper**, to taste.

2



Cook cauliflower rice

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter**, swirl the pan to melt, 1 min.
- Add **cauliflower**, and **3 tbsp water**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp butter and 3 tbsp water per batch.) Cook, stirring occasionally, until tender, 4-5 min. Season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**.
- Transfer to the medium bowl and cover to keep warm.

3



Cook veggies

- Add **zucchini** and **tomatoes** to the same pan.
- Cook, stirring often, until tender, 3-4 min.
- Season with **salt** and **pepper**.

5



Finish and serve

- Divide **cauliflower rice** between plates.
- Top with **shrimp-pesto mixture**.

Measurements
within steps

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

1 | Prep

[Swap](#) | [Salmon Fillets, skin-on](#)

If you've opted to get **salmon**, pat **salmon** dry with paper towels. Season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**.

4 | Cook salmon

[Swap](#) | [Salmon Fillets, skin-on](#)

Once **veggies** are cooked, add ½ **tbsp** (1 tbsp) **oil**, then **salmon** to the same pan. Pan-fry until golden-brown and cooked through, 3-5 min per side. **** (TIP:** Carefully remove and discard the skin, if you like.) Add **pesto** and **2 tbsp** (4 tbsp) **water** to the same pan. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.