

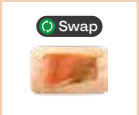


# Broiled Salmon and Garlicky Shrimp

## with Chive Mash and Tomato-Pepper Sauce

Special

35 Minutes



Jumbo Salmon Fillets  
500 g | 1000 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)



-  Salmon Fillets, skin-on  
250 g | 500 g
-  Shrimp  
285 g | 570 g
-  Russet Potato  
2 | 4
-  Garlic, cloves  
3 | 6
-  Chives  
7 g | 14 g
-  Mediterranean Spice Blend  
1 tbsp | 2 tbsp
-  Lemon  
1 | 2
-  Sweet Bell Pepper  
1 | 2
-  Baby Tomatoes  
113 g | 227 g
-  Cream  
56 ml | 113 ml
-  Vegetable Broth Concentrate  
1 | 2

**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** | Pepper, salt, oil, unsalted butter

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, large pot, measuring spoons, paper towels, strainer, vegetable peeler, zester

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## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Peel, then cut **potatoes** into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into **wedges**.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

2



## Start potatoes

- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.

3



## Prep shrimp and salmon

🔄 Swap | **Jumbo Salmon Fillets**

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat **shrimp** dry with paper towels.
- Add **shrimp**, **half the lemon zest**, **garlic** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Pat **salmon** dry with paper towels. Season with **salt** and **half the Mediterranean Spice Blend**.

4



## Broil shrimp and salmon

- Transfer **shrimp** to one side of an unlined baking sheet.
- Arrange **salmon** on the other side of the baking sheet. Drizzle with **½ tbsp** (1 tbsp) **oil**.
- Broil **shrimp** and **salmon** in the **middle** of the oven until cooked through, 6-8 min.\*\*

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## Make tomato-pepper sauce

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers** and **tomatoes**. Cook, stirring often, until **peppers** are tender-crisp and **tomatoes** burst, 5-6 min.
- Using the back of a fork, gently smash **tomatoes** to release their juices.
- Add **1 tbsp** (2 tbsp) **butter**, **broth concentrate** and **remaining Mediterranean Spice Blend**. Stir to combine.
- Season with **salt** and **pepper**.

6



## Finish and serve

- Drain and return **potatoes** to the same pot, off heat. Mash **cream**, **remaining lemon zest** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until creamy. Stir in **half the chives** and season with **salt** and **pepper**.
- Divide **mash**, **shrimp** and **salmon** between plates.
- Spoon **tomato-pepper sauce** over **salmon**.
- Sprinkle **remaining chives** over **shrimp**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

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

## 3 | Prep shrimp and salmon

🔄 Swap | **Jumbo Salmon Fillets**

If you've opted for **jumbo salmon**, season it in the same way the recipe instructs you to season the **regular portion of salmon**. Increase broil time to 8-12 min.\*\*

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