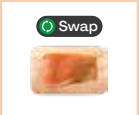




# Zesty Salmon Over Creamy Fresh Linguine

## with Dill and Roasted Brussels Sprouts

Fresh Summer 20 Minutes



Jumbo Salmon Fillet  
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](http://www.hellofresh.ca)



-  Salmon Fillets, skin-on  
250 g | 500 g
-  Lemon  
1 | 1
-  Cream Cheese  
2 | 4
-  Cream Sauce Spice Blend  
1 tbsp | 2 tbsp
-  Garlic Salt  
1 tsp | 2 tsp
-  Dill  
7 g | 7 g
-  Brussels Sprouts  
170 g | 340 g
-  Fresh Linguine  
227 g | 454 g
-  Parmesan Cheese, shredded  
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** | Unsalted butter, oil, salt, pepper

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

1



## Roast Brussels sprouts

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

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- Trim bottoms, then quarter **Brussels sprouts**.
- Add **Brussels sprouts** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **middle** of the oven until slightly softened, 5-6 min.

4



## Start sauce and cook linguine

- Meanwhile, heat a large non-stick pan over medium-high.
- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 1-2 min.
- Reserve **1 ¼ cup** (2 ½ cups) **pasta water**, then drain.
- When the pan is hot, add **Cream Sauce Spice Blend** and **1 tbsp** (2 tbsp) **butter**. Cook, stirring occasionally, until **butter** melts and **mixture** is combined, 30 sec.
- Add **cream cheese** and **1 cup** (2 cups) **reserved pasta water** to the pan. Bring to a simmer, stirring often, until mostly smooth.

2



## Prep

- Meanwhile, zest **lemon**, then cut **half the lemon** into wedges (all for 4 ppl).
- Roughly chop **dill**.
- Pat **salmon** dry with paper towels. Season with **pepper** and **remaining garlic salt**.

3



## Roast salmon

- After 5-6 min, carefully remove **Brussels sprouts** from the oven. Stir, then push **Brussels sprouts** to one side.
- Transfer **salmon**, skin-side down, to the baking sheet, next to **Brussels sprouts**. Drizzle **½ tbsp** (1 tbsp) **oil** over **salmon**, then sprinkle **half the lemon zest** over top.
- Roast in the **middle** of the oven until **Brussels sprouts** are golden-brown and tender and **salmon** is cooked through, 7-9 min.\*\*

5



## Finish linguine and sauce

- When **sauce** comes to a simmer, add **linguine**, **Parmesan** and **remaining lemon zest**. Reduce heat to medium. Season with **pepper** to taste.
- Cook, stirring often, until **cheese** melts and **sauce** thickens and coats **linguine**, 1-2 min. (**TIP:** Add remaining reserved pasta water if sauce reduces too much.) Remove the pan from heat.

6



## Finish and serve

- Add **Brussels sprouts** and **1 tsp** (2 tsp) **dill** to the pan with **linguine**, then toss to combine.
- Divide **linguine** between plates, then top with **salmon**.
- Squeeze a **lemon wedge** and sprinkle **any remaining dill** over top, if desired.

Measurements  
within steps

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

## 1 | Roast Brussels sprouts

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If you've opted for **jumbo salmon**, do not pre-cook **Brussels sprouts**. Season **jumbo salmon** in the same way the recipe instructs you to season the **regular portion of salmon**. To cook **jumbo salmon**, increase roast time to 16-20 min.\*\*

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