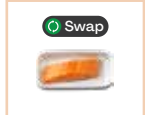




SuperQuick Shrimp Spaghetti al Limone

with Cream and Spinach

15 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](http://hellofresh.ca)



Shrimp
285 g | 570 g



Spaghetti
170 g | 340 g



Cream
113 ml | 237 ml



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Lemon
1 | 2



Baby Spinach
56 g | 113 g



White Cooking
Wine
2 tbsp | 4 tbsp



Parmesan
Cheese, shredded
¼ cup | ½ cup



Yellow Onion,
chopped
56 g | 113 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, salt, pepper, unsalted butter

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, strainer, zester

1



Cook spaghetti

- Before starting, preheat the broiler to high.
 - 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.
- Add **spaghetti** to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **spaghetti** to the same pot, off heat.

4



Finish and serve

- When **shrimp** is cooked, add **lemon zest** to the baking sheet, then toss to coat **shrimp**.
- Add **spinach-cream mixture**, **1 tbsp** (2 tbsp) **lemon juice** to the pot with **spaghetti**. Stir until combined.
- Divide **spaghetti** between plates, then top with **shrimp**.
- Sprinkle **Parmesan** over top.

2



Cook shrimp and prep

Swap | **Salmon Fillets, skin-on**

- Meanwhile, strain **shrimp**.
- Toss **shrimp** with **1 tbsp** (2 tbsp) **oil**, **half the Cream Sauce Spice Blend**, **salt** and **pepper** and spread into an even layer on an unlined baking sheet. Broil in the **middle** of the oven, until **shrimp** just turn pink, 5-6 min.**
- Zest, then juice **lemon**.
- Roughly chop **spinach**.

3



Cook veggies and make sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt. Add **onion**. Cook, stirring occasionally, until tender, 2-3 min.
- Sprinkle **remaining Cream Sauce Spice Blend** over top. Cook, stirring constantly, until **onions** are coated, 30 sec.
- Add **half the wine** (use all for 4 ppl), **cream**, **¼ cup** (½ cup) **water** and **spinach**. Cook, stirring occasionally, until slightly thickened and **spinach** wilts, 1-2 min.
- Season with **pepper**, then remove from heat.

Measurements
within steps

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

2 | Cook salmon and prep

Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, heat a large non-stick pan over medium-high heat. While pan heats, pat **salmon** dry with paper towels. Season with half the **Cream Sauce Spice Blend**, **salt** and **pepper**. When pan is hot, add **1/2 tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.** While **salmon** cooks, continue with prep. Once **salmon** is cooked, transfer to a plate. Cover to keep warm.

** Cook seafood and fish to minimum internal temperatures of 165°F and 158°F, respectively.