

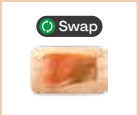


# Creamy Garlic Shrimp and Herby Salmon with Fresh Linguine and Peppers

Special

Spicy

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



- Salmon Fillets, skin-on  
250 g | 500 g
- Shrimp  
285 g | 570 g
- Fresh Linguine  
227 g | 454 g
- Lemon  
1 | 1
- Garlic, cloves  
2 | 4
- Parsley  
7 g | 7 g
- Yellow Onion  
1 | 1
- Sweet Bell Pepper  
1 | 2
- Chili Flakes  
1 tsp | 1 tsp
- Cream  
113 ml | 237 ml
- Cream Sauce Spice Blend  
1 tbsp | 2 tbsp

**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, pepper, salt

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

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## Prep and make garlic oil

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 1:**
  - Mild: ½ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Spicy: ½ tsp (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**.
- 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.)

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## 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.

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

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## Roast salmon and peppers

Swap | **Jumbo Salmon Fillet**

- 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 the **middle** of the oven until **peppers** are tender-crisp and **salmon** is cooked through, 9-12 min.\*\*

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## 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.

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## 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.

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## 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.

Measurements  
within steps

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

## 2 | Roast salmon and peppers

Swap | **Jumbo Salmon Fillet**

If you've opted for **jumbo salmon**, season it 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.