



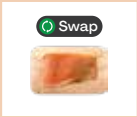
# Creamy Garlic Salmon Penne

with Spinach and Parmesan

Fast and Fresh

Optional Spice

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
- Baby Spinach  
56 g | 113 g
- Lemon-Pepper Seasoning  
1 tbsp | 2 tbsp
- Quick-Cook Penne  
227 g | 454 g
- Yellow Onion, chopped  
56 g | 113 g
- Garlic Puree  
1 tbsp | 2 tbsp
- Cream Sauce Spice Blend  
1 tbsp | 2 tbsp
- White Cooking Wine  
4 tbsp | 8 tbsp
- Vegetable Broth Concentrate  
1 | 2
- Cream Cheese  
1 | 2
- Parmesan Cheese, shredded  
¼ cup | ½ cup
- Chili Flakes  
1 tsp | 1 tsp

**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, pepper, salt

**Cooking utensils** | Aluminum foil, baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, whisk

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## Prep

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

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, roughly chop **spinach**.
- Pat **salmon** dry with paper towels, then season with **salt** and **Lemon-Pepper Seasoning**.

4



## Sauté onions

- Meanwhile, return the same pan (from step 2) to medium.
- Add **1 tbsp** (2 tbsp) **butter**, then **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add **garlic puree** and **Cream Sauce Spice Blend**, then stir to coat, 30 sec.
- Add **cooking wine**. Cook, stirring often, until **wine** reduces by half, 20-40 sec.

2



## Cook salmon

[Swap](#) | [Jumbo Salmon Fillet](#)

- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add **salmon**, skin-side down. Sear until golden-brown, 1-2 min. Transfer to a foil-lined baking sheet, skin-side down.
- Drizzle **remaining melted butter** over **salmon**.
- Broil in the **middle** of the oven until **salmon** is cooked through, 4-6 min.\*\*

5



## Finish pasta

- Add **reserved pasta water**, **broth concentrate** and **cream cheese** to the pan with **onion mixture**. Cook, whisking often, until **sauce** comes to a simmer.
- Simmer, stirring often, until **cream cheese** is combined and **sauce** thickens slightly, 2-3 min.
- Add **penne**, **spinach** and **half the Parmesan**.
- Cook, stirring often, until **sauce** coats **pasta** and **spinach** wilts, 1-2 min. Season with **salt** and **pepper**, to taste.

3



## Cook pasta

- While **salmon** broils, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 2-3 min.
- Reserve **1 cup** (2 cups) **pasta water**, then drain and return **penne** to the same pot, off heat.

6



## Finish and serve

- Carefully remove and discard **salmon** skin, if desired.
- Divide **penne** between bowls. Top with **salmon**.
- Sprinkle **remaining Parmesan** and **chili flakes** over top, if desired.

Measurements  
within steps

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

## 2 | Cook salmon

[Swap](#) | [Jumbo Salmon Fillet](#)

If you've opted for **jumbo salmon**, season and sear it in the same way the recipe instructs you to season and sear the **regular portion of salmon**. To cook **jumbo salmon**, increase broil time to 8-10 min.

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