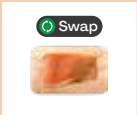




# Salmon and Shrimp in Lemon-Caper Cream Sauce

## with Roasted Potatoes and Arugula-Walnut Salad

Special 35 Minutes



Jumbo Salmon  
500 g | 1000 g

Customized Protein

+ Add

Swap

or

x2 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
- Garlic, cloves  
2 | 4
- Dijon Mustard  
½ tbsp | 1 tbsp
- Cream  
113 ml | 237 ml
- Capers  
30 g | 60 g
- White Cooking Wine  
4 tbsp | 8 tbsp
- Lemon  
1 | 2
- Parsley  
7 g | 14 g
- Arugula and Spinach Mix  
56 g | 113 g
- Yellow Potato  
350 g | 700 g
- Walnuts, chopped  
28 g | 56 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** | Pepper, butter, sugar, oil, salt

**Cooking utensils** | 2 baking sheets, 2 large bowls, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, strainer, whisk

1



### Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- To an unlined baking sheet, add **potatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden, 24-26 min.
- When done, transfer **potatoes** to the large bowl with **garlic butter** (**NOTE:** You'll make this in step 3). Toss to coat.

2



### Prep and make dressing

- Meanwhile, peel, then mince or grate **garlic**.
- Drain, then rinse **capers**. Pat dry with paper towels.
- Juice **lemon**.
- Finely chop **parsley**.
- Add **2 tsp** (4 tsp) **lemon juice**, **1 tbsp** (2 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Pat **salmon** dry with paper towels.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.

3



### Toast walnuts and make garlic butter

- Heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan.
- Toast, stirring occasionally, until golden, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- To a small bowl, transfer **toasted walnuts**.
- Reheat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then **half the garlic**. Swirl the pan until fragrant and **butter** melts, 30 sec.
- To another large bowl, transfer **garlic butter**, then add **half the parsley**. Set aside until **potatoes** are finished roasting.

4



### Roast salmon and cook shrimp

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

- On a parchment-lined baking sheet, arrange **salmon, skin-sides down**.
- Season with **salt** and **pepper**, then drizzle **½ tbsp** (1 tbsp) **oil** over top.
- Roast in the **top** of the oven until cooked through, 8-10 min.\*\*
- Meanwhile, reheat the same pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Season with **salt** and **pepper**.
- Cook, flipping halfway through, until **shrimp** just turn pink, 2-3 min.\*\*
- Transfer to a plate.

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

5



### Cook lemon-caper cream sauce

- Reheat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted. Add **capers** and **remaining garlic**.
- Cook, stirring often, until fragrant, 30 sec.
- Add **cooking wine** and **1 tsp** (2 tsp) **lemon juice**. Simmer, stirring occasionally, until **mixture** reduces by half, 1-2 min.
- Add **cream, Dijon** and **¼ tsp** (½ tsp) **sugar**. Return to a simmer, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Add **shrimp** and **remaining parsley** to the pan.
- Cook, stirring occasionally, until **shrimp** are warmed through, 30 sec. Season with **salt** and **pepper**.

6



### Finish and serve

- To the bowl with **dressing** (from step 2), add **arugula and spinach mix**, then toss to combine.
- Divide **potatoes, salmon** and **salad** between plates.
- Spoon **shrimp** and **lemon-caper cream sauce** over **salmon**.
- Sprinkle toasted **walnuts** over **salad**.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 4 | Roast salmon and cook shrimp

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

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.