



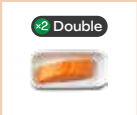
Creamy Garlic Salmon Penne

with Spinach and Parmesan

Fast and Fresh

Spicy

20 Minutes



Salmon Fillets, skin-on
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



Baby Spinach
56 g | 113 g



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Quick-Cook Penne
227 g | 454 g



Yellow Onion
1 | 1



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
1/4 cup | 1/2 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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, pepper, salt

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

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- To a large pot, add 10 cups water and 1 tbsp salt (use same for 4 servings).
- Cover and bring to a boil over high heat.

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

2



Cook salmon

×2 Double | **Salmon Fillets, skin-on**

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

3



Cook pasta

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

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 for 1-2 min, stirring occasionally, until slightly softened.
- Add **garlic puree** and **Cream Sauce Spice Blend**, then stir to coat, 30 sec.
- Add **cooking wine**. Cook for 20-40 sec, stirring often, until **wine** reduces by half.

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 for 2-3 min, stirring often, until **cream cheese** is combined and **sauce** thickens slightly.
- Add **penne**, **spinach** and **half the Parmesan**.
- Cook for 1-2 min, stirring often, until **sauce** coats **pasta** and **spinach** wilts. Season with **salt** and **pepper**, to taste.

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-serving 4-serving Ingredient

For 6 servings

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.

2 | Cook salmon

×2 Double | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of salmon**.

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