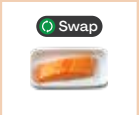




Vegetable Jumble with Shrimp and Feta-Topped Arugula Salad

Wellness Eats 25 Minutes



Salmon Fillets, skin-on
250 g | 500 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)



Shrimp
285 g | 570 g



Zucchini
1 | 1



Green Bell Pepper
1 | 2



Garlic, cloves
2 | 4



Balsamic Vinegar
1 tbsp | 2 tbsp



Baby Tomatoes
113 g | 227 g



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Sweet Bell Pepper
1 | 2



Lemon
1 | 2



Chili Pepper
1 | 2



Arugula and Spinach Mix
56 g | 113 g



Parsley
7g | 14g

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 | Oil, pepper, butter, salt

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, strainer, whisk, zester

1



Roast veggies

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 4:

- Mild: ½ tsp (¼ tsp)
- Medium: ¼ tsp (½ tsp)
- Spicy: ½ tsp (1 tsp)
- Extra-spicy: 1 tsp (2 tsp)

- Half, then cut **half the zucchini** into ¼-inch rounds (use whole zucchini for 4 servings).
- Core, then cut **peppers** into ¼-inch cubes.
- To an unlined baking sheet, add **peppers, zucchini** and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper** if desired, then toss to coat.
- Roast in the **middle** of the oven until tender-crisp, 10-12 min.

2



Prep

- Halve **tomatoes**.
- Zest, then juice **lemon**.
- Roughly chop **parsley**.
- Peel, then mince or grate the **garlic**.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis.)

3



Cook shrimp

🔄 Swap | **Salmon Fillets**

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Heat a large non-stick pan over medium-high.
- When hot add **2 tbsp** (4 **tbsp**) **butter**, then the **garlic, shrimp, Smoked Paprika-Garlic Blend, ¼ tsp** (½ **tsp**) **lemon zest** and ¼ **tsp chili peppers**. (**NOTE:** Reference chili guide.)
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove the pan from the heat. Add **half the lemon juice**. Stir to combine.

4



Toss salad

- In a medium bowl, whisk together ½ **tbsp** (1 **tbsp**) **oil** and **half the vinegar** (use all for 4 servings).
- Add **arugula and spinach mix** and **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Set aside.

5



Dress roasted veggies

- To a large bowl, add **cooked veggies, half the parsley** and **remaining lemon juice**.
- Sprinkle **feta** over top, then toss to combine.

6



Finish and serve

- Divide **salad, roasted veggies** and **shrimp** between plates.
- Drizzle **any remaining sauce** from the pan over **shrimp**.
- Sprinkle **remaining parsley** over top.

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.

3 | Cook salmon

🔄 Swap | **Salmon Fillets**

If you've opted for **salmon**, heat the pan over medium-high. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then add **salmon**. Cook for 2-3 min, until browned. Flip **salmon** and continue cooking for 2-3 min, until cooked through.** Break up **salmon** into large flakes removing and discarding skin. Add **butter**, then the **garlic, Smoked Paprika-Garlic Blend, lemon zest** and **chili peppers**. Cook for 1 min, stirring occasionally, until fragrant.**

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