



Salmon and Gremolata Butter

with Broccoli Puttanesca

Wellness Eats

35 Minutes

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)

Swap



Shrimp
285 g | 570 g

Double



Salmon Fillets,
skin-on
500 g | 1000 g



Salmon Fillets,
skin-on
250 g | 500 g



Broccoli
227 g | 454 g



Baby Tomatoes
113 g | 227 g



Lemon
1 | 2



Shallot
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
2 | 4



Mixed Olives
30 g | 60 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 | Salt, pepper, butter, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium non-stick pan, paper towels, strainer, zester

1



Prep

- Before starting, wash and dry all produce.

- Peel, then thinly slice **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- Finely chop **parsley**.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Drain **olives**, reserving **olive brine**. Halve **olives**.

2



Cook broccoli puttanesca

- Heat a large non-stick pan over medium-high.
- When hot, add **broccoli** and $\frac{1}{4}$ cup ($\frac{1}{3}$ cup) **water**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil**, then **shallots**, **tomatoes**, **olives** with their **brine** and **half the garlic**. Cook until **veggies** soften, 3-4 min.
- Remove from heat. Season with **salt** and **pepper**. Cover to keep warm.

3



Cook salmon

Swap | Shrimp

*2 Double | Salmon Fillets

- Meanwhile, heat a medium non-stick pan (use a large non-stick pan for 4 servings) over medium-high.
- While the pan heats, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Cook until golden-brown on all sides and **salmon** is cooked through, 5-7 min.**

4



Make gremolata butter

- Remove the pan from heat. Transfer **salmon** to a plate, then cover to keep warm. Set the pan aside to cool, 2 min.
- Reheat the same pan over medium-low. Add **2 tbsp** (4 **tbsp**) **butter** and **remaining garlic**. Cook, stirring often, until **butter** melts and **garlic** is fragrant, 1 min.
- Remove from heat, then add **lemon zest**, **lemon juice** and **half the parsley**. Stir to combine. Season with **salt** and **pepper**. Cover to keep warm.

5



Finish and serve

- Divide **salmon** and **broccoli puttanesca** between plates.
- Drizzle **gremolata butter** over **salmon**.
- 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 shrimp

Swap | Shrimp

If you've opted for **shrimp**, while the pan heats, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **shrimp**. Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.**

3 | Cook salmon

*2 Double | Salmon Fillets

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** using a large non-stick pan. Work in batches if necessary.

** Cook fish and shrimp to minimum internal temperatures of 158°F and 165°F, as size may vary.