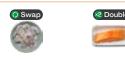


with Broccoli Puttanesca

Wellness Eats 35 Minutes



ℵ Customized Protein + Add 2 Double (🔿 Swap) or

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 🌑



Salmon Fillets, skin-on 250 g | 500 g

Shrimp

285 g | 570 g

Broccoli 227 g | 454 g

Salmon Fillets

skin-on 500 g | 1000 g



Baby Tomatoes 113 g | 227 g

Lemon 1 2







Garlic, cloves 2 | 4

Mixed Olives 30 g | 60 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.



Pantry items | Salt, pepper, butter, oil

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



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.



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.



Cook broccoli puttanesca

- Heat a large non-stick pan over medium-high.
- When hot, add **broccoli** and ¼ **cup** (⅓ 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.



Cook salmon

🔇 Swap | Shrimp

😢 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 ½ tbsp (1 tbsp) oil, then salmon. Cook until golden-brown on all sides and salmon is cooked through, 5-7 min.**



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.



Finish and serve

- Divide **salmon** and **broccoli puttanesca** between plates.
- Drizzle gremolata butter over salmon.
- Sprinkle remaining parsley over top.