

# HELLO Salmon with Gremolata Butter with Procedi Butternossa

with Broccoli Puttanesca

Mindful Eats

35 Minutes





(C) Swap

2 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 🎥

285 g | 570 g

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



Shallot 1 | 2



1 | 2

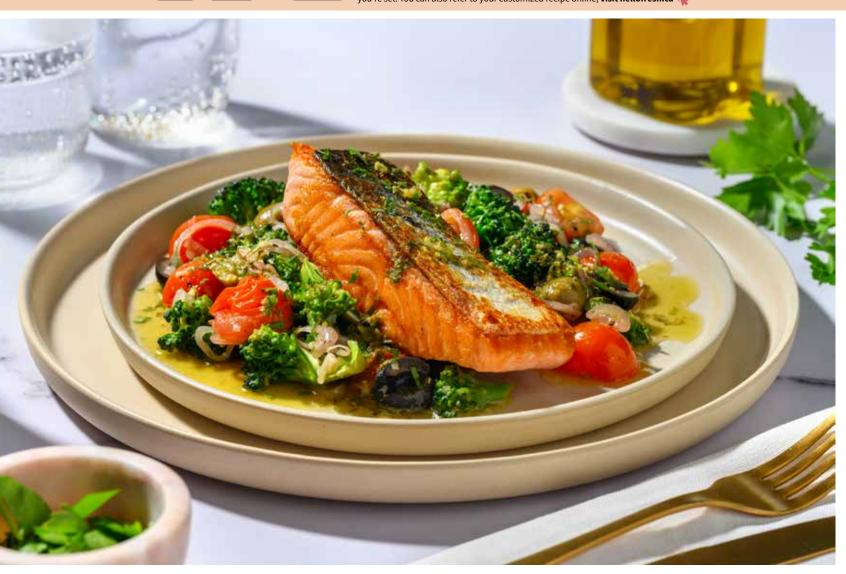
7 g | 14 g



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.



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.



### Cook broccoli puttanesca

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



### Cook salmon

O 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 1/2 tbsp (1 tbsp) oil, then salmon. Cook for 5-7 min, until golden on all sides and cooked through.\*\*



## 3 | Cook shrimp

visual and temperature cues.

Measurements

within steps

For 6 servings

#### O Swap | Shrimp

If you've opted for **shrimp**, heat a large nonstick pan over medium-high. 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.\*\*

1 tbsp

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

oil

#### 3 | Cook double salmon

#### 😢 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**. Work in batches if necessary.



## 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 for 1 min, stirring often, until **butter** melts and **garlic** is fragrant.
- 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.



### Finish and serve

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