











Broiled Salmon and Garlicky Shrimp

with Mash and Tomato-Pepper Sauce

Special

35 Minutes



-  Salmon Fillets, skin-on
-  Shrimp
-  Russet Potato
-  Garlic, cloves
-  Chives
-  Mediterranean Spice Blend
-  Lemon
-  Sweet Bell Pepper
-  Baby Tomatoes
-  Vegetable Broth Concentrate
-  Cream

HELLO CHIVES

Add a delicate onion flavour to your mash with this bright green herb!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, strainer, zester, large bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Shrimp	285 g	570 g
Russet Potato	460 g	920 g
Garlic, cloves	3	6
Chives	7 g	14 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Lemon	1	2
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Vegetable Broth Concentrate	1	2
Cream	56 ml	113 ml
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.

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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep

- Peel, then cut **potatoes** into 1-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.



Broil shrimp and salmon

- Transfer **shrimp** to one side of an unlined baking sheet.
- Arrange **salmon** on the other side of the baking sheet. Drizzle with ½ **tbsp oil** (dbl for 4 ppl).
- Broil **shrimp** and **salmon** in the **middle** of the oven until cooked through, 6-8 min.**



Start potatoes

- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.



Make tomato-pepper sauce

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **tomatoes**. Cook, stirring often, until **peppers** are tender-crisp and **tomatoes** burst, 5-6 min.
- Using the back of a fork, gently smash **tomatoes** to release their **juices**.
- Add **1 tbsp butter** (dbl for 4 ppl) and **broth concentrate**. Stir to combine.
- Season with **salt** and **pepper**, to taste.



Prep shrimp and salmon

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat **shrimp** dry with paper towels.
- Add **shrimp**, **half the lemon zest**, **garlic** and ½ **tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Pat **salmon** dry with paper towels. Season with **salt** and **half the Mediterranean Spice Blend**.



Finish and serve

- Drain and return **potatoes** to the same pot, off heat. Mash **cream**, **remaining lemon zest** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Stir in **half the chives** and season with **salt** and **pepper**, to taste.
- Divide **mash**, **shrimp** and **salmon** between plates.
- Spoon **tomato-pepper sauce** over **salmon**.
- Sprinkle **remaining chives** over **shrimp**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!