



# Creamy Garlic Fish Pasta

with Spinach and Peas

Quick

25 Minutes



Barramundi



Penne



Baby Spinach



Garlic



Shallot



Green Peas



Parmesan Cheese, shredded



Garlic Salt



All-Purpose Flour



Cream

HELLO BARRAMUNDI

*Mild, buttery, sustainable and high in omega-3s!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, colander, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Barramundi                | 282 g    | 564 g    |
| Penne                     | 170 g    | 340 g    |
| Baby Spinach              | 113 g    | 227 g    |
| Garlic                    | 9 g      | 18 g     |
| Shallot                   | 50 g     | 100 g    |
| Green Peas                | 56 g     | 113 g    |
| Parmesan Cheese, shredded | ¼ cup    | ½ cup    |
| All-Purpose Flour         | 1 tbsp   | 2 tbsp   |
| Cream                     | 56 g     | 113 g    |
| Garlic Salt               | 1 tsp    | 2 tsp    |
| Unsalted Butter*          | 2 tbsp   | 4 tbsp   |
| Oil*                      |          |          |
| Salt and Pepper*          |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Cook barramundi

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down, then drizzle with **½ tbsp oil** (dbl for 4 ppl). Roast in the **middle** of the oven until cooked through, 17-19 min.\*\*



## Start sauce

While **penne** cooks, heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **garlic**, **shallots** and **peas**. Season with **garlic salt** and **pepper**. Sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** soften, 2-3 min.



## Prep

While **barramundi** cooks, peel, then mince or grate **garlic** (6 cloves for 4 ppl). Peel, then finely chop **shallot**. Roughly chop **spinach**.



## Finish sauce

Stir in **reserved pasta water** and **cream**. Bring to a boil over medium-high. Once boiling, reduce heat to medium and cook until **sauce** thickens slightly, 3-4 min.



## Cook penne

Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **penne** to the same pot, off heat.



## Finish and serve

Remove and discard skin from **barramundi**, then gently flake into bite-sized pieces using a fork. Add **sauce**, **spinach** and **barramundi** to the large pot with **penne**. Season with **pepper**, then stir to combine. Divide **pasta** between bowls. Sprinkle **Parmesan** over top.

## Dinner Solved!