

Creamy Garlic Shrimp and Herby Salmon

with Fresh Linguine and Peppers

Family Friendly

Fresh Pasta

Optional Spice 35-45 Minutes





Salmon Fillets, skin-on



250 g | 500 g





Fresh Linguine



227 g | 454 g



Garlic, cloves



1 | 1

2 | 4









Yellow Onion 1/2 | 1

Pepper 1 | 2







1tsp | 1tsp

113 ml | 237 ml



Cream Sauce Spice Blend 1 tbsp | 2 tbsp

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 | Baking sheet, colander, measuring spoons, strainer, zester, aluminum foil, small bowl, measuring cups, large pot, large non-stick pan, paper towels



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat Guide for Step 2:
- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, finely chop parsley.
- Core, then cut **pepper** into 1/4-inch slices.
- Peel, then cut half the onion into ¼-inch pieces (whole onion for 4 ppl).
- Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges.



Make garlic oil and roast salmon

- Peel, then mince or grate garlic.
- Combine lemon zest, half the parsley, half the garlic, 1 tbsp (2 tbsp) oil and ¼ tsp chili flakes in a small bowl. (NOTE: Reference heat guide.)
- Add peppers and ½ tbsp (1 tbsp) oil to one side of a foil-lined baking sheet. Season with salt and pepper, then toss to coat.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange salmon on the other side of the baking sheet, then spread herby garlic oil over top.
- Roast in middle of the oven until peppers are tender-crisp and salmon is cooked through,
 9-12 min.**



Cook shrimp

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, using a strainer, drain and rinse shrimp, then pat dry with paper towels.
 Season with salt and pepper.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then shrimp and remaining garlic. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.**
- Remove the pan from heat. Transfer **shrimp** to a plate, then cover to keep warm.



Make cream sauce

- Reheat the same pan over medium.
- When hot, add 1 tbsp (2 tbsp) butter, then onions. Cook, stirring often, until softened, 3-4 min.
- Sprinkle Cream Sauce Spice Blend over onions. Cook, stirring often, until coated, 30 sec.
- Add cream and ½ cup (1 cup) water. (TIP: For a creamier sauce, use milk instead of water.)
 Bring to a simmer.
- Once simmering, cook, stirring occasionally, until sauce thickens slightly, 1-2 min. Season with salt and pepper, to taste.



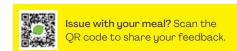
Cook linguine

- When sauce is almost done, add linguine to the boiling water. Cook uncovered, stirring occasionally, until tender, 3-4 min.
- Reserve 1/4 cup (1/2 cup) pasta water.
- Drain and return linguine to the same pot, off heat.



Finish and serve

- Add cream sauce, shrimp and peppers to the pot with linguine. (TIP: For a lighter sauce consistency, add reserved pasta water,
 1-2 tbsp at a time, if desired.) Season with salt and pepper, to taste, then toss to combine.
- Divide linguine between plates. Top with salmon, then sprinkle with remaining parsley.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining chili flakes**, if desired.



Measurements

within steps

oil

1 tbsp (2 tbsp)

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