



Salmon and Shrimp in Lemon-Caper Cream Sauce

with Roasted Potatoes and Arugula Walnut Salad

Mother's Day

35 Minutes



-  Salmon Fillets, skin-on
-  Shrimp
-  Garlic, cloves
-  Dijon Mustard
-  Cream
-  Capers
-  White Cooking Wine
-  Lemon
-  Parsley
-  Arugula and Spinach Mix
-  Yellow Potato
-  Walnuts, chopped



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HELLO CAPERS

Small but powerful capers add a bold, briny and salty flavour to this dish!

Start here

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

Bust out

2 Baking sheets, measuring spoons, strainer, 2 large bowls, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Shrimp	285 g	570 g
Garlic, cloves	2	4
Dijon Mustard	1 ½ tsp	3 tsp
Cream	113 ml	237 ml
Capers	30 g	60 g
White Cooking Wine	4 tbsp	8 tbsp
Lemon	1	2
Parsley	7 g	14 g
Arugula and Spinach Mix	56 g	113 g
Yellow Potato	350 g	700 g
Walnuts, chopped	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min.
- When done, transfer **potatoes** to the large bowl with **garlic butter** (in step 3), then toss to coat.



Roast salmon and cook shrimp

- Arrange **salmon** on a parchment-lined baking sheet, skin-side down. Season with **salt** and **pepper**, then drizzle **½ tbsp oil** (dbl for 4 ppl) over top.
- Roast in the **top** of the oven until cooked through, 8-10 min.**
- Meanwhile, reheat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Season with **salt** and **pepper**. Cook, flipping halfway through, until **shrimp** just turn pink, 2-3 min.**
- Transfer **shrimp** to a plate.



Prep and make dressing

- Meanwhile, peel, then mince or grate **garlic**.
- Drain, then rinse **capers**. Pat dry with paper towels.
- Juice **lemon**.
- Finely chop **parsley**.
- Heat a large non-stick pan over medium heat.
- While the pan heats, add **2 tsp lemon juice**, **1 ½ tbsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Pat **salmon** dry with paper towels.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Cook lemon-caper cream sauce

- Reheat the same pan over medium.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **capers** and **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cooking wine** and **1 tsp lemon juice** (dbl for 4 ppl). Simmer, stirring occasionally, until **mixture** reduces by half, 1-2 min.
- Add **cream**, **Dijon** and **¼ tsp sugar** (dbl for 4 ppl). Return to a simmer, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Add **shrimp** and **remaining parsley** to the pan. Cook, stirring occasionally, until **shrimp** are warmed through, 30 sec. Season with **salt** and **pepper**, to taste.



Toast walnuts and make garlic butter

- When the pan is hot, add **walnuts** to the dry pan. Toast, stirring occasionally, until golden-brown, 4-5 min. (**TIP**: Keep your eye on walnuts so they don't burn!)
- Transfer to a small bowl.
- Reheat the pan over medium.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **half the garlic**. Cook, stirring often, until fragrant, 20 sec.
- Transfer **garlic butter** to another large bowl, then add **half the parsley**. Set aside.



Finish and serve

- Add **arugula and spinach mix** to the bowl with **dressing**, then toss to combine.
- Divide **potatoes**, **salmon** and **salad** between plates.
- Spoon **shrimp and lemon-caper cream sauce** over **salmon**.
- Sprinkle **walnuts** over **salad**.

Dinner Solved!