



# Shrimp Fusilli with Sweet Peppers

30-40 Minutes

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Salmon Fillets,  
skin-on  
250 g | 500 g



Shrimp  
285 g | 570 g



Fusilli  
170 g | 340 g



Sweet Bell  
Pepper  
1 | 2



Crushed  
Tomatoes with  
Garlic and Onion  
1 | 2



Parmesan  
Cheese, shredded  
1/4 cup | 1/2 cup



Baby Spinach  
28 g | 56 g



Balsamic Glaze  
1 tbsp | 2 tbsp



Italian Seasoning  
1 1/2 tsp | 3 tsp



Garlic Salt  
1/2 tsp | 1 tsp

**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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Colander, measuring spoons, strainer, measuring cups, large pot, large non-stick pan, paper towels

1



## Prep

• Before starting, wash and dry all produce.

- 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.
- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Roughly chop **spinach**.

2



## Cook shrimp

+ Add | **Salmon Fillets**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Add **¾ tsp** (1 ½ tsp) **Italian Seasoning** and **¼ tsp** (½ tsp) **garlic salt**. Cook, stirring frequently, until fragrant, 30 sec.
- Transfer **shrimp** to a plate.

4



## Cook peppers

- Reheat the same pan (from step 2) over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.

5



## Make sauce

- Add **crushed tomatoes**, **1 tbsp** (2 tbsp) **balsamic glaze**, **¾ tsp** (1 ½ tsp) **Italian Seasoning** and **¼ tsp** (½ tsp) **garlic salt** to the same pan. Season with **pepper**, then stir to combine.
- Once simmering, reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 5-6 min.

3



## Cook fusilli

- Meanwhile, add **fusilli** to the **boiling water**. Cook, stirring occasionally, until tender, 9-11 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **fusilli** to the same pot, off heat.

6



## Finish and serve

+ Add | **Salmon Fillets**

- Add **sauce**, **spinach**, any **shrimp juices** from the plate, **half the Parmesan** and **half the reserved pasta water** to the pot with **fusilli**. (**TIP**: For a lighter sauce, add additional pasta water as needed.)
- Season with **salt** and **pepper**, to taste, then stir until **spinach** wilts, 1-2 min.
- Divide **fusilli** between bowls. Top with **shrimp**.
- Sprinkle **remaining Parmesan** over top.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Cook salmon

+ Add | **Salmon Fillets**

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Reheat the same pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.\*\* Transfer to the plate with **shrimp**.

## 6 | Finish and serve

+ Add | **Salmon Fillets**

Top final plates with **salmon**.

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



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