



Shrimp and Zucchini Linguine

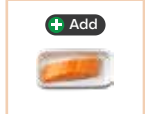
with Dill Cream Sauce

Family Friendly

Fresh Pasta

Quick

25 Minutes



Salmon Fillets, skin on
250 g | 500 g

Custom Recipe

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Shrimp
285 g | 570 g



Zucchini
1 | 2



Green Peas
56 g | 113 g



Onion, chopped
56 g | 113 g



Fresh Linguine
227 g | 454 g



Dill
7 g | 14 g



Vegetable Broth Concentrate
1 | 2



Dijon Mustard
1 1/2 tsp | 3 tsp



Cream
237 ml | 474 ml



Garlic Puree
2 tbsp | 4 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.

Pantry items | Unsalted butter, oil, pepper, salt

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

1



Prep

- Before starting, preheat the broiler to high.
- Add 10 cups warm water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **dill**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.

2



Broil shrimp and zucchini

- + Add | Salmon Fillets**
- Add **shrimp, zucchini** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven until **zucchini** is tender-crisp and **shrimp** are cooked through, 5-6 min. **** (NOTE:** For 4 ppl, broil one baking sheet at a time.)

3



Cook linguine

- Meanwhile, add **linguine** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 2-4 min.
- Reserve **¼ cup (½ cup) pasta water**, then drain **linguine** and return to the same pot, off heat.

4



Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp (2 tbsp) butter** and swirl the pan until melted, 1 min.
- Add **onions, peas** and **garlic puree**. Cook, stirring occasionally, until softened, 4-5 min.
- Whisk in **reserved pasta water, Dijon, cream** and **broth concentrate**. Cook, stirring often, until slightly reduced, 2-3 min.
- Remove from heat.
- Stir **half the dill** into **sauce**.

5



Assemble pasta

- Add **shrimp** and **zucchini** to the pot with **linguine**.
- Pour **sauce** over top, then toss to combine.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- + Add | Salmon Fillets, skin on**
- Divide **shrimp and zucchini linguine** between bowls.
- Sprinkle **remaining dill** 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**. Heat a medium non-stick pan over medium-high heat. 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 a plate, then cover to keep warm.

6 | Finish and serve

+ Add | Salmon Fillets

Top **linguine** with **salmon**, then sprinkle **remaining dill** over top.

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



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