



# STUFFED SALMON WITH CREAMY SPINACH

with Roasted Potatoes, Garlicky Asparagus & Lemon-Shallot Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Shallot



6 oz | 12 oz  
Asparagus



1 | 2  
Lemon



5 oz | 10 oz  
Spinach



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Salmon  
Contains: Fish



1 | 2  
Veggie Stock  
Concentrate



ANY ISSUES WITH YOUR ORDER?  
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\*The ingredient you received may be a different color.

### HELLO

### SHALLOT

This mini member of the onion family adds savory-sweet flavor to pan sauces.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 770





# HELLO FRESH

## BUST OUT

- Zester
- 2 Baking sheets
- Large pan
- Medium bowl
- Paper towels
- Whisk
- Kosher Salt
- Black Pepper
- Cooking Oil
- Butter
- **Contains: Milk**

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*



## 1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Halve, peel, and thinly slice **half the shallot**; finely dice remaining half. Trim and discard woody bottom ends from **asparagus**. Zest and quarter **lemon**.



## 2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil (large drizzle for 4 servings), salt, and pepper**. Roast on top rack until browned and tender, 20-25 minutes.



## 3 MAKE SPINACH FILLING

- While potatoes roast, heat a **drizzle of oil** in a large pan over medium-high heat. Add **sliced shallot** and a **pinch of salt**; cook, stirring, until browned and slightly softened, 1-2 minutes.
- Stir in **spinach**; cook, stirring, until wilted, 2-4 minutes. Turn off heat; transfer to a medium bowl. Wipe out pan.
- Add **sour cream, half the cream cheese, and half the garlic powder (you'll use the rest in Step 5)** to same bowl; stir to combine. Season with **salt and pepper**.



## 4 STUFF SALMON

- Pat **salmon\*** dry with paper towels. Place, skin sides down, on a clean work surface. Using a sharp knife, cut a slit lengthwise down the center of the flesh sides (**be careful not to cut through the skin!**). Rub all over with a **drizzle of oil**; season with **salt and pepper. (Make sure to season inside the cuts too!)**
- Place salmon, skin sides down, on one side of a second **lightly oiled** baking sheet. Stuff salmon with **spinach filling (it's OK if they seem overstuffed)**.



## 5 COOK SALMON & ASPARAGUS

- Toss **asparagus** on opposite side of same sheet with a **drizzle of oil (large drizzle for 4 servings), remaining garlic powder, salt, and pepper**.
- Roast on middle rack until salmon is cooked though and asparagus is tender, 12-15 minutes. **TIP: If asparagus is done before salmon, remove from sheet and continue roasting salmon.**



## 6 MAKE SAUCE

- Meanwhile, heat a **drizzle of oil** in pan used for spinach over medium heat. Add **diced shallot** and a **pinch of salt**. Cook, stirring, until shallot is softened and translucent, 3-5 minutes.
- Whisk in **¼ cup water (½ cup for 4 servings), stock concentrate, and remaining cream cheese**. Cook, stirring, until thickened, 1-2 minutes.
- Turn off heat. Stir in a **pinch of lemon zest, juice from one lemon wedge (two wedges for 4), and 1 TBSP butter (2 TBSP for 4)** until melted and combined. Season with **salt and pepper**.



## 7 SERVE

- Divide **salmon, asparagus, and potatoes** between plates. Spoon **sauce** over salmon. Serve with **remaining lemon wedges** on the side.

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\*Fish is fully cooked when internal temperature reaches 145°.