



PASTA PRIMAVERA WITH SALMON

plus Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

PREMIUM PICKS

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Zucchini



¼ oz | ¼ oz
Chives



1 | 1
Lemon



6 oz | 12 oz
Penne Pasta
Contains: Wheat



1 TBSP | 1 TBSP
Italian Seasoning



1 oz | 2 oz
Cheese Roux
Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



4 oz | 4 oz
Peas



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Salmon
Contains: Fish

*The ingredient you received may be a different color.

HELLO

PASTA PRIMAVERA

Creamy sauce and a garden's worth of veggies make this dish pasta perfection.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1000



BEST OF THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Large pot
- Zester
- Baking sheet
- Strainer
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
- Paper towels
- Whisk
- Kosher salt
- Black pepper

Contains: Milk



1 PREP

- Adjust rack to top position (**top and middle position for 4 servings**) and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Finely chop **chives**. Zest and quarter **lemon**.



2 ROAST VEGGIES

- Toss **bell pepper** and **zucchini** on a baking sheet with a **drizzle of oil, salt,** and **pepper.**
- Roast on top rack, 7-10 minutes (**you'll add more to the sheet then**).



3 COOK PASTA

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (**2 cups for 4 servings**), then drain. (**Keep empty pot handy for step 5.**)



4 ROAST SALMON

- Pat **salmon*** dry with paper towels; season all over with salt and pepper.
- Remove baking sheet from oven; carefully push veggies to one side. **Lightly oil** empty side of sheet; add salmon, skin sides down. (**For 4 servings, leave veggies roasting and lightly oil a second baking sheet; add salmon and roast on middle rack.**)
- Roast on top rack until salmon is cooked through and veggies are lightly browned and tender, 8-10 minutes.



5 MAKE SAUCE

- Heat a **drizzle of olive oil** in pot used for pasta over medium heat. Add **1 tsp Italian Seasoning** (**2 tsp for 4 servings**); cook, stirring, 30 seconds. (**Be sure to measure the Italian Seasoning; we sent more.**)
- Whisk in **cheese roux** and **1 cup reserved pasta cooking water** (**1½ cups for 4**). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **cream cheese** until smooth.



6 TOSS PASTA

- Add drained **penne, peas, half the Parmesan** (**save the rest for serving**), **half the lemon zest, 1 TBSP butter** (**2 TBSP for 4 servings**), and a **big squeeze of lemon juice** to pot with **sauce**. Cook, stirring, until butter has melted and pasta is coated in a creamy sauce. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Stir in roasted **veggies**. Taste and season with **salt** and **pepper**. Add more lemon zest or lemon juice if you like. **TIP: For an extra-rich experience, stir in 1 TBSP butter** (**2 TBSP for 4**).



7 SERVE

- Divide pasta between plates. Top with **salmon, chives,** and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

SHARE YOUR **#HELLOFRESHPICS** WITH US @**HELLOFRESH**

(646) 846-3663 | **HELLOFRESH.COM**

*Salmon is fully cooked when internal temperature reaches 145°.

WK 18-16