



Blistered-Tomato Salmon

WITH CREAMY SPINACH GEMELLI

Culinary Collection



Prep & Cook Time

50-60 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Colander, Baking Sheet, Medium Pot, Large Non-Stick Pan

Ingredients

- 1 tsp. Garlic Pepper
- 1/2 oz. Grated Parmesan
- 4 fl. oz. Cream Sauce Base
- 5 oz. Baby Spinach
- 2 Garlic Cloves
- 12 oz. Salmon Fillets
- 4 oz. Grape Tomatoes
- 2 Green Onions
- 6 oz. Gemelli Pasta

Difficulty Level

EXPERT

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21437

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**



1. Prepare the Ingredients

- Coarsely chop **spinach**.
- Halve **tomatoes**.
- Trim **green onions** and thinly slice on an angle, keeping white and green portions separate.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



2. Make the Creamy Spinach Gemelli

- Once **water** in medium pot is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander.
- Return pot used to cook pasta to medium-high heat and add 1 tsp. **olive oil**. Add **spinach**, **seasoning blend**, and ¼ tsp. **salt** to hot pot. Stir often until wilted, 30-60 seconds.
- Add pasta cooking water, **cream base**, **cheese**, and a pinch of salt. Bring to a simmer. Once simmering, cook until thickened, 2-3 minutes.
- Remove from burner and stir in pasta. Cover and set aside.
- While pasta cooks, cook salmon.



4. Make the Topping

- Return pan used to cook salmon to medium-high heat and add 1 tsp. **olive oil**.
- Add **garlic** and **white portions of green onions** to hot pan. Stir often until aromatic, 30-45 seconds.
- Add **tomatoes** and a pinch of **salt** and **pepper**. Stir often, breaking up tomatoes, until blistered and breaking apart, 4-6 minutes.
- Remove from burner.



3. Cook the Salmon

- Place a large non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear until golden brown, 2-4 minutes on one side.
- Transfer to prepared baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, make topping.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **salmon** with **topping** and **green portions of green onions**. Bon appétit!