



INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Portobello
Mushrooms



1 | 2
Bell Pepper*



4 oz | 8 oz
Grape Tomatoes



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Parsley



6 oz | 12 oz
Penne Pasta
Contains: Wheat



4 TBSP | 8 TBSP
Pesto
Contains: Milk



1 | 2
Mushroom Stock
Concentrate



1 TBSP | 2 TBSP
Italian Seasoning



5 tsp | 10 tsp
Balsamic Vinegar



10 oz | 20 oz
Salmon
Contains: Fish



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

BALSAMIC TOMATOES

Tomatoes and garlic mingle with balsamic vinegar, then soften on the grill to form a tangy-sweet sauce

GRILLED SALMON & BALSAMIC TOMATOES

with Warm Pesto Pasta Salad & Grilled Veggies



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 1280



FOILED AGAIN

Our best grilled salmon secret? Grill the fillets with a piece of foil underneath to lock in moisture, help fish cook evenly, and make clean-up a breeze. Be sure to place salmon skin sides down in step 2 (and if using a grill pan, skip the foil altogether!).

BUST OUT

- Grill pan (if not using a grill)
- Large pot
- Large bowl
- Aluminum foil
- Paper towels
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp** | **2 tsp**)
- Olive oil (**4 TBSP** | **8 TBSP**)
- Sugar
- Butter (**1 TBSP** | **2 TBSP**)
Contains: Milk

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



1 PREP

- Preheat a **well-oiled** grill to medium heat. (TIP: If using a grill pan, you'll heat it in step 4.) Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Using the tip of a spoon, remove and discard black gills from undersides of **mushrooms**; trim any large stems if necessary. Halve mushrooms. Halve, core, and quarter **bell pepper**. Halve **tomatoes** lengthwise. Peel and mince **garlic**. Pick **parsley leaves** from stems; roughly chop leaves.



4 GRILL

- Add **mushrooms, bell pepper, tomato and garlic packet**, and **salmon** to grill. (TIP: For a grill pan, lightly oil; heat over medium high. Cook in batches.) Grill mushrooms, 3-5 minutes per side. Grill bell pepper, packet, and salmon until cooked through, 5-6 minutes per side.
- **PAN ALTERNATIVE:** Cook **bell pepper** in a large **oiled** pan over medium-high heat, 4-6 minutes. Add **mushrooms**; cook 3-5 minutes more. Remove; wipe out pan. Cook **tomatoes and garlic in olive oil**, 2-3 minutes. Remove from heat. Stir in **remaining vinegar, 1 TBSP butter** (2 TBSP for 4), a **pinch of sugar, salt, and pepper**. Remove; wipe out pan. Cook **salmon**, skin sides down, in **oil**, 5-7 minutes; flip and cook until cooked through, 1-2 minutes more.



2 PREP VEGGIES & SALMON

- In a large bowl, toss **mushrooms** and **bell pepper** with **3 TBSP olive oil** (6 TBSP for 4 servings), **2 tsp Italian Seasoning** (4 tsp for 4; you'll use the rest later), and a **big pinch of salt and pepper**.
- Place **tomatoes** and **garlic** in the center of a small piece of foil. Drizzle with **half the vinegar** and **1 TBSP olive oil** (2 TBSP for 4). Season with a **pinch of sugar, salt, and pepper**. Cinch into a packet.
- Pat **salmon*** dry with paper towels; lightly **oil**. Season with remaining Italian Seasoning and a **pinch of salt and pepper**. Place on a large piece of foil, skin sides down. (TIP: If using a grill pan, skip foil under salmon.)
- **PAN ALTERNATIVE:** Skip foil packet. (You'll cook tomatoes and garlic in step 4.)



5 MAKE PASTA SALAD

- Reserve **1 TBSP parsley** (2 TBSP for 4 servings); set aside.
- Thinly slice **mushrooms** and **bell pepper** crosswise; add to pot with **penne**. Stir in **half the Parmesan** and **remaining parsley**. Season with **salt and pepper** to taste.



3 COOK PASTA

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Drain and return pasta to pot. Immediately stir in **pesto, stock concentrate**, and **remaining vinegar**. (TIP: Cover pot with lid to keep warm.)
- **PAN ALTERNATIVE:** Stir in **half the vinegar** (you'll use the rest in the next step).



6 FINISH & SERVE

- Transfer **tomato mixture** from foil packet to a small bowl. Cut **1 TBSP butter** (2 TBSP for 4 servings) into four pieces; add to bowl along with **reserved parsley**. Stir until butter has melted.
- Place **pasta salad** in a serving bowl and sprinkle with **remaining Parmesan**. Place **salmon** on a serving plate and top with **balsamic tomatoes**. Serve family style (or divide between plates and serve).
- **PAN ALTERNATIVE:** Place **tomato mixture** in a small bowl and stir in **reserved parsley**.

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