



Creamy Garlic Fish Pasta

with Spinach and Peas

Quick

Optional Spice

25 Minutes



Barramundi



Penne



Baby Spinach



Garlic, cloves



Shallot



Green Peas



Parmesan Cheese, shredded



Cream



Garlic Salt



All-Purpose Flour



Chili Flakes

HELLO BARRAMUNDI

Mild, buttery, sustainable and high in omega-3s!

Start here

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.

Heat Guide for Step 5:

- Mild: ¼ tsp
- Spicy: 1 tsp
- Medium: ½ tsp

Bust out

Baking sheet, colander, measuring spoons, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Penne	170 g	340 g
Baby Spinach	113 g	227 g
Garlic, cloves	3	6
Shallot	50 g	100 g
Green Peas	56 g	113 g
Parmesan Cheese, shredded	¼ cup	½ cup
Cream	56 ml	113 ml
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Chili Flakes 🌶️	½ tsp	1 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook barramundi

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down, then drizzle with **½ tbsp oil** (dbl for 4 ppl). Roast in the **middle** of the oven until cooked through, 17-19 min.**



Start sauce

While **penne** cooks, heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **garlic, shallots** and **peas**. Season with **garlic salt** and **pepper**. Sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** are coated and softened, 2-3 min.



Prep

While **barramundi** cooks, peel, then mince or grate **garlic** (6 cloves for 4 ppl). Peel, then finely chop **shallot**. Roughly chop **spinach**.



Finish sauce

Stir in **½ cup reserved pasta water**, **cream** and **½ tsp chili flakes**. (NOTE: Reference heat guide.) Bring to a boil over medium-high. Once boiling, reduce heat to medium and cook until **sauce** thickens slightly, 3-4 min.



Cook penne

Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¾ cup pasta water** (dbl for 4 ppl), then drain and return **penne** to the same pot, off heat.



Finish and serve

Remove and discard skin from **barramundi**, then gently flake into bite-sized pieces using a fork. Add **sauce, spinach** and **barramundi** to the large pot with **penne**. Season with **pepper**, then stir to combine. (TIP: If sauce is too thick, add 1 tbsp reserved pasta water at a time until it reaches desired consistency.) Divide **pasta** between bowls. Sprinkle **Parmesan** over top.

Dinner Solved!