



Easy Creamy Herb Salmon Penne

with Semi-Dried Tomatoes & Baby Spinach

NEW

Grab your meal kit with this number

6



Penne



Salmon



Semi-Dried Tomatoes



Brown Onion



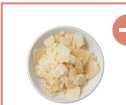
Tomato & Herb Seasoning



Light Cooking Cream



Baby Spinach Leaves



Parmesan Cheese



Peeled Prawns

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me Early

Turn a good penne, into a great penne, by adding tender salmon and tossing it all in a creamy sauce that'll make everything sing. The aromas will fill the air... and your stomachs!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 medium packet	2 medium packets
salmon	1 medium packet	2 medium packets OR 1 large packet
semi-dried tomatoes	1 packet	2 packets
brown onion	½	1
tomato & herb seasoning	1 sachet	2 sachets
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3740kJ (894cal)	923kJ (228cal)
Protein (g)	44.3g	10.9g
Fat, total (g)	44.9g	11.1g
- saturated (g)	13.4g	3.3g
Carbohydrate (g)	76.4g	18.9g
- sugars (g)	9.9g	2.4g
Sodium (mg)	990mg	244.4mg
Dietary Fibre (g)	7.1g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the pasta

- Boil the kettle. Half-fill a large saucepan with boiling water and add a generous pinch of **salt**.
- Cook **penne** in boiling water until 'al dente', **12 minutes**.
- Reserve **pasta water** (½ cup for 2 people / ⅔ cups for 4 people). Drain **penne**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Make the sauce

- While salmon is cooking, roughly chop **semi-dried tomatoes**.
- Slice **brown onion (see ingredients)** into thin wedges.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until slightly tender, **3-4 minutes**. Add **semi-dried tomatoes** and **tomato & herb seasoning** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream** and the **reserved pasta water** and simmer, until slightly reduced **1-2 minutes**.
- Add **baby spinach leaves**, **cooked penne** and flaked **salmon** to pan, tossing to combine, **1 minute**. Season generously with **salt** and **pepper**.

2



Cook the salmon

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.
- Transfer to a plate, flake **salmon** into bite-sized chunks and set aside.

4



Finish & serve

- Divide creamy herb salmon penne between bowls to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



ADD PARMESAN CHEESE
Sprinkle over before serving.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

