

Flaked Tuscan Salmon and Linguini

Fresh ingredients cooked simply is at the heart of the best Italian dishes, and it's what makes this recipe sing. We're coating seared salmon in a fresh pesto made with mint, basil, arugula and lemon, then serving it over linguini and a Tuscan-inspired tomato sauce. It's fresh, filling and delicious.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Linguini
Salmon
Arugula Mint Pesto
Grape Tomatoes
Sundried Tomatoes &
Onions
Spinach

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the linguini, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 740 Calories, 25g Fat, 54g Protein, 80g Carbs, 15 Freestyle Points.

Lightened up health snapshot per serving – 620 Calories, 20g Fat, 66g Carbs, 12 Freestyle Points, by using two-thirds of the Pasta and two-thirds of the Pesto.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Salmon, Grape Tomatoes, Spinach, Linguini, Sun Dried Tomatoes, Yellow Onion, Olive Oil, Parmesan, Basil, Garlic, Lemon, Arugula, Mint, Lemon Pepper, Oregano

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1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and return the pasta to the saucepan with a cover.

3. Cook The Salmon

While the pasta is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes.

Set aside to rest for 5 minutes, then flake the salmon into bite-sized pieces with a fork. Transfer to a mixing bowl and add the **Arugula Mint Pesto**. Stir until the salmon is well coated, then set aside until step 5.

4. Create the Tuscan Sauce

While the salmon is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil in it over medium-high heat. When the oil is hot, add the **Grape Tomatoes** and cook until they start to blister, about 2 to 3 minutes. Add an additional 1 Tbsp olive oil and the **Sundried Tomatoes & Onions**. Sauté until the onions soften, about 5 to 6 minutes. Transfer the tomatoes and onions to the saucepan with the cooked linguini and mix. Do not wipe out the skillet.

Add the **Spinach** to the now-empty skillet and cook over medium-high heat until it wilts and then add it to the saucepan with the pasta and tomatoes and stir well.

5. Put it all Together

Serve the pasta topped with the pesto-coated-salmon. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *