



APR
2016

Shrimp Farfalle

with Fire Roasted Red Pepper, Lemon, and Basil

It's hard not to love farfalle—their tiny bowtie shape is just precious. Tossed with juicy shrimp and roasted red peppers, this 30-minute pasta is bound to become a part of your weeknight repertoire. A sprinkling of crunchy breadcrumbs gives this dish a special touch.



Prep: 10 min
Total: 30 min



level 1



nut free



make me first



dairy free



Shrimp



Lemon



Garlic



Farfalle



Red Bell Peppers



Basil



Panko Breadcrumbs



Italian Seasoning

Ingredients

		4 People
Shrimp	1)	16 oz
Farfalle	2)	12 oz
Lemon		1
Garlic		4 Cloves
Red Bell Peppers		2
Basil		1 oz
Panko Breadcrumbs	2)	½ Cup
Italian Seasoning		2 t
Butter*	3)	4 T
Olive Oil*		4 t

*Not Included

Allergens

- 1) Shellfish
- 2) Wheat
- 3) Milk

Tools

Large pot, Zester, Baking sheet, Pan, Strainer, Large pan

Ruler

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Nutrition per person Calories: 574 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 29 g | Carbs: 77 g | Sugar: 7 g | Sodium: 821 mg | Fiber: 6 g



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Bring a large pot of **salted water** to boil. Zest, then halve the **lemon**. Cut one half into wedges. Mince or grate the **garlic**. Thinly slice the **basil** leaves. Core, seed, and thinly slice the **bell peppers**.



2 Roast the red peppers: Toss the **bell peppers** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, until slightly caramelized.



3 Toast the breadcrumbs: Heat **2 Tablespoons butter** in a pan over medium heat. Add the **panko** and toss for 2-3 minutes, until golden brown. Remove from the pan and set aside.



4 Cook the pasta: Add the **pasta** to the boiling water and cook for 9-11 minutes, until al dente. Drain, reserving **1 cup pasta water**.

5 Cook the shrimp: While the **pasta** cooks, heat a large drizzle of **olive oil** in a large pan over high heat. Season the **shrimp** with **2 teaspoons Italian seasoning, salt** and **pepper**. Add the shrimp to the pan and cook, tossing for 1-2 minutes, until almost opaque. Add the **garlic** and cook for 1 minute, until fragrant.

6 Finish: Toss the **pasta** and **roasted peppers** into the pan with the **shrimp**. Add the **lemon zest, 2 Tablespoons butter, half the basil, 1 cup pasta water**, and a squeeze of **lemon**. Bring to a boil and toss for 3-4 minutes, until a sauce has formed. Taste and season with **salt, pepper**, and **lemon juice**, if needed. Serve topped with the **crispy breadcrumbs, remaining basil**, and a drizzle of **olive oil**. Enjoy!

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