

INGREDIENTS

2 PERSON | 4 PERSON



Bell Pepper*



1 | 1 Lemon

4 oz | 8 oz

Cream Sauce Base

Contains: Milk

4 oz | 4 oz Peas



6 oz | 12 oz Penne Pasta **Contains: Wheat**

Zucchini



2 TBSP | 4 TBSP Crème Fraîche Contains: Milk



Veggie Stock Concentrate

Scallions

1 TBSP | 1 TBSP Tuscan Heat

Spice



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz Shrimp Contains: Shellfish



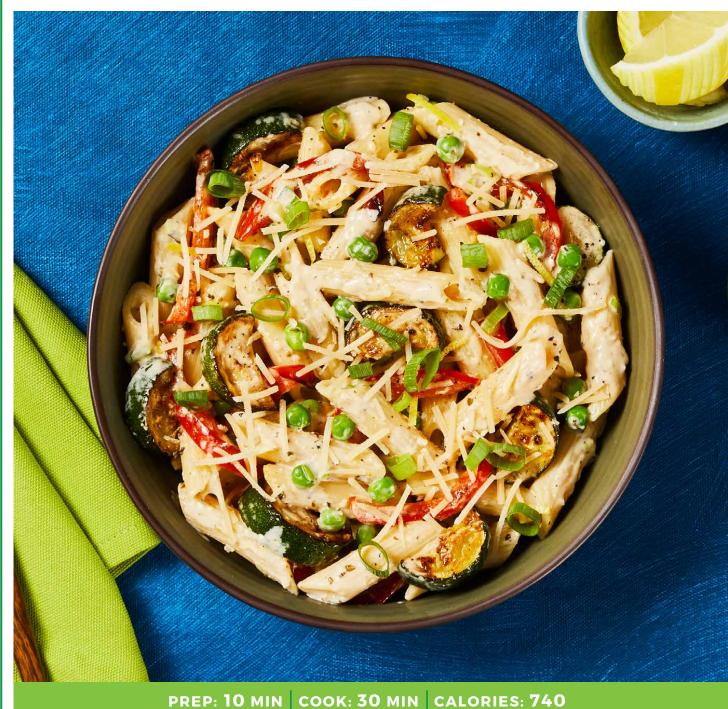
10 oz | 20 oz Chicken Breast Strips



G Calories: 930

PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas





HELLO

PASTA PRIMAVERA

Creamy sauce and garden veggies make for pasta perfection!

YOU'RE THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove just the yellow surface layer from the lemon, then mince it

BUST OUT

- Large pot
- Whisk
- Zester
- Paper towels 6 6
- Baking sheet
- Large pan 😉 😉
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
 (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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- *Shrimp are fully cooked when internal temperature reaches 145°.
- (5) "Chicken is fully cooked when internal temperature reaches 165".



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of salted water to a boil. Wash and dry produce.
- Halve, core, and thinly slice bell pepper. Trim and halve zucchini lengthwise; slice crosswise into ½-inch-thick half-moons. Trim and thinly slice scallions, separating whites from greens. Zest and quarter lemon.



2 ROAST VEGGIES

- Toss bell pepper and zucchini on a baking sheet with a drizzle of oil, salt, and pepper.
 Roast on top rack until tender and lightly charred. 15-18 minutes.
- While veggies roast, rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes. Transfer to a plate.



3 COOK PASTA

- Once water is boiling, add penne to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve 1½ cups pasta cooking water (2 cups for 4 servings), then drain. (Keep empty pot handy for next step.)



4 MAKE SAUCE

- Heat a drizzle of olive oil in pot used for pasta over medium heat. Add scallion whites and 1 tsp Tuscan Heat Spice (2 tsp for 4 servings); cook, stirring, 1 minute. (Be sure to measure the Tuscan Heat Spice; we sent more.)
- Whisk in cream sauce base, stock concentrate, and ¼ cup reserved pasta cooking water (½ cup for 4). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in crème fraîche until smooth.



5 TOSS PASTA

- Add drained penne, peas, half the Parmesan (save the rest for serving), half the lemon zest, 1 TBSP butter (2 TBSP for 4 servings), and a big squeeze of lemon juice to pot with sauce. Cook, stirring, until butter has melted and penne is coated in a creamy sauce. TIP: If needed, stir in more reserved pasta cooking water a splash at a time.
- Stir in roasted veggies. Taste and season with salt and pepper. Add more lemon zest or lemon juice if you like. TIP: For an extra-rich experience, stir in another 1 TBSP butter (2 TBSP for 4).
- Stir in **shrimp** or **chicken** or along with **roasted veggies**.



6 SERVE

 Divide pasta between plates or shallow bowls. Top with scallion greens and remaining Parmesan. Serve with any remaining lemon wedges on the side.