



PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Green Bell Pepper*



1 | 2

Zucchini



2 | 4

Scallions



1 | 1

Lemon



6 oz | 12 oz

Penne Pasta
Contains: Wheat



1 TBSP | 1 TBSP

Tuscan Heat
Spice



4 oz | 8 oz

Cream Sauce Base
Contains: Milk



2 TBSP | 4 TBSP

Crème Fraîche
Contains: Milk



1 | 2

Veggie Stock
Concentrate



4 oz | 4 oz

Peas



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
OR GIVE US A CALL AT (646) 846-3663.

*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

Calories: 840



9 oz | 18 oz

Italian Chicken
Sausage Mix

Calories: 980



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian herbs and a hint of dried chili packs a peppery punch.

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
- Zester
- Baking sheet
- Strainer
- Whisk
- Paper towels
- Large pan
- 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

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



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**.



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.



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 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 **sausage***; cook, stirring frequently, until cooked through, 4-6 minutes. Transfer to a plate.



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 **sausage** along with **roasted veggies**.



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.)



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.

*Shrimp are fully cooked when internal temperature reaches 145°.

*Chicken Sausage is fully cooked when internal temperature reaches 165°.