



PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Zucchini



2 | 2
Scallions



1 | 1
Lemon



6 oz | 12 oz
Farfalle Pasta
Contains: Wheat



1 TBSP | 1 TBSP
Italian Seasoning



1 oz | 2 oz
Cheese Roux Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



4 oz | 4 oz
Peas



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 820



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650



HELLO FRESH

HELLO

PASTA PRIMAVERA

Creamy sauce and a garden's worth of veggies make this dish pasta perfection.

YOU'RE THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

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

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



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 1/2-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 Italian Seasoning (2 tsp for 4 servings); cook, stirring, 1 minute. (Be sure to measure the Italian Seasoning; we sent more.)
- Whisk in cheese roux and 1 cup reserved pasta cooking water (1 1/2 cups for 4). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in cream cheese 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, then pat dry with paper towels. Season all over with salt and pepper. Heat a large drizzle oil in a large pan over high heat. Once pan is hot, add shrimp and cook, stirring occasionally, until opaque and cooked through, 3-4 minutes.



5 TOSS PASTA

- Add drained farfalle, 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 farfalle 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 1 TBSP butter (2 TBSP for 4).

- 🔄 Stir in shrimp along with roasted veggies.



3 COOK PASTA

- Once water is boiling, add farfalle to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve 1 1/2 cups pasta cooking water (2 cups for 4 servings), then drain. (Keep empty pot handy for next step.)



6 SERVE

- Divide pasta primavera between plates. Top with scallion greens and remaining Parmesan. Serve with any remaining lemon wedges on the side.

WK 8-9