

Shrimp and Zucchini Linguine

with Dill Cream Sauce

Family Friendly

Fresh Pasta

20-30 Minutes





Jumbo Shrimp 285 g | 570 g







Green Peas 56 g | 113 g





Fresh Linguine



1/2 | 1

Dill-Garlic Spice Blend 227 g | 454 g 1 tsp | 2 tsp



Concentrate 1 | 2



Dijon Mustard 1 1/2 tsp | 3 tsp



237 ml | 474 ml



Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Prep

- Before starting, preheat the broiler to high.
- Add 10 cups warm water and 1 tbsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into 1/4-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into 1/4-inch pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Broil shrimp and zucchini

- Add shrimp, zucchini,
 half the Dill-Garlic Spice Blend and
 1 tbsp oil to an unlined baking sheet.
 (NOTE: For 4 ppl, use 2 baking sheets, with
 1 tbsp oil per sheet.)
- Season with salt and pepper, then toss to combine.
- Broil in the middle of the oven until zucchini is tender-crisp and shrimp are cooked through, 5-6 min.** (NOTE: For 4 ppl, broil one baking sheet at a time.)



Cook linguine

- Meanwhile, add linguine to the boiling water.
- Cook uncovered, stirring occasionally, until tender, 2-4 min.
- Reserve ¼ cup (½ cup) pasta water, then drain linguine and return to the same pot, off heat.



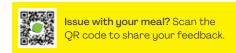
Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter** and swirl the pan until melted, 1 min.
- Add onions, peas and garlic puree. Cook, stirring occasionally, until softened, 4-5 min.
- Whisk in reserved pasta water, Dijon, cream and broth concentrate.
- Cook, stirring often, until slightly reduced,
 2-3 min.
- Remove from heat.
- Stir remaining Dill-Garlic Spice Blend into sauce.



Assemble pasta and serve

- Add shrimp and zucchini to the pot with linguine.
- Pour **sauce** over top, then toss to combine. Season with **salt** and **pepper**, to taste.
- Divide linguine between bowls.



** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



1 tbsp

(2 tbsp)

oil