



Shrimp and Zucchini Linguine

with Dill Cream Sauce

Family Friendly

Fresh Pasta

20-30 Minutes



Jumbo Shrimp
285 g | 570 g



Zucchini
1 | 2



Green Peas
56 g | 113 g



Onion, sliced
56 g | 113 g



Fresh Linguine
227 g | 454 g



Dill
7 g | 14 g



Vegetable Broth Concentrate
1 | 2



Dijon Mustard
1 ½ tsp | 3 tsp



Cream
237 ml | 474 ml



Garlic Puree
2 tbsp | 4 tbsp

Allergens 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.

Pantry items | Unsalted butter, oil, pepper, salt

Cooking utensils | Baking sheet, measuring spoons, strainer, measuring cups, whisk, large pot, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



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 ¼-inch half-moons.
 - Roughly chop **dill**.
 - Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.

2



Broil shrimp and zucchini

- Add **shrimp, zucchini** 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.)

3



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.

4



Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then 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 **half the dill** into **sauce**.

5



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.
- Sprinkle **remaining dill** over top.

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



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