



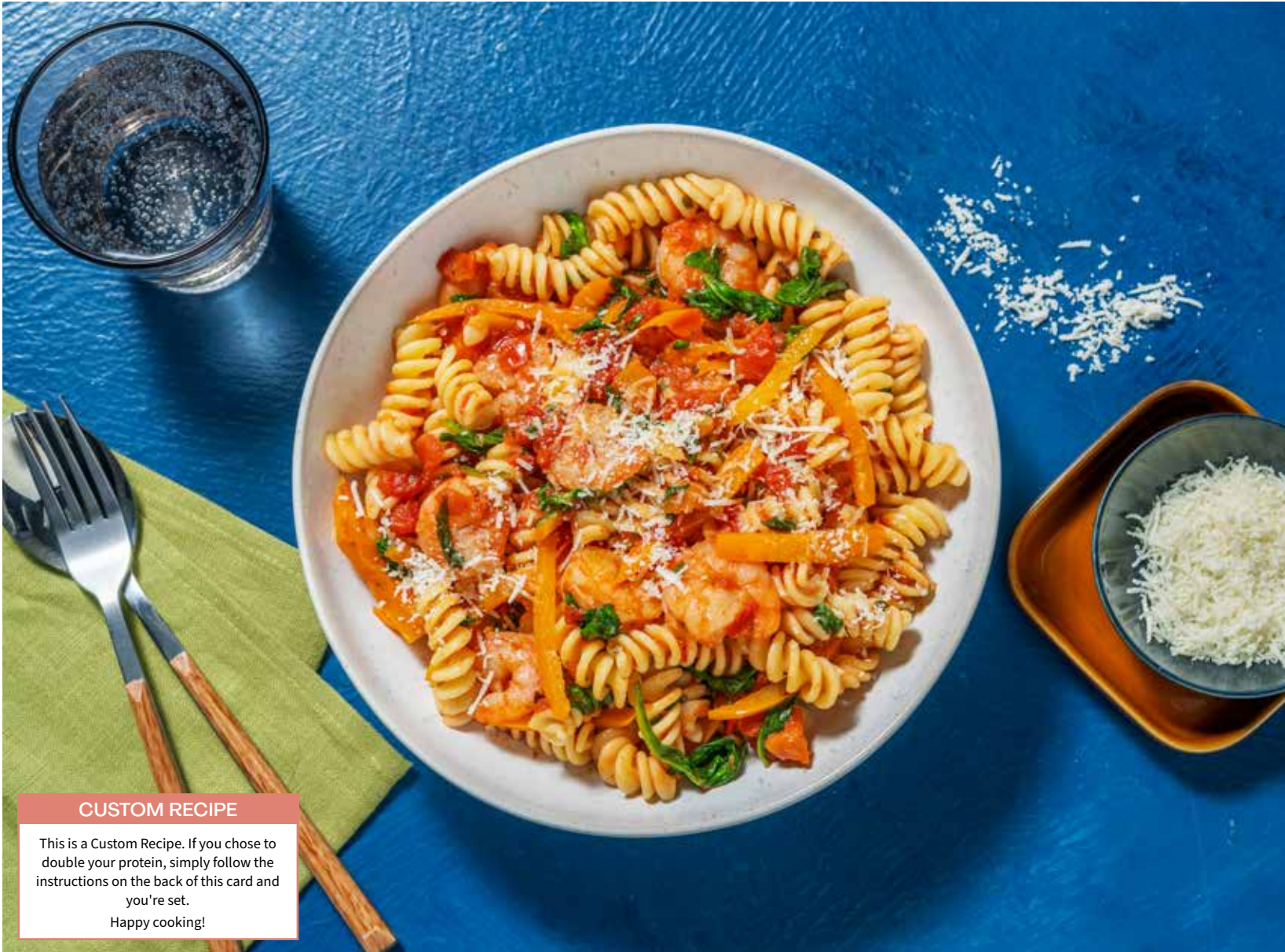
Shrimp Fusilli

with Sweet Peppers

Family Friendly 30-40 Minutes



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Shrimp



Double Shrimp



Fusilli



Sweet Bell Pepper



Crushed Tomatoes
with Garlic and
Onion



Parmesan Cheese,
shredded



Baby Spinach



Balsamic Glaze



Garlic Salt



Italian Seasoning

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Colander, measuring spoons, strainer, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Double Shrimp	570 g	1140 g
Fusilli	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes with Garlic and Onion	1	2
Parmesan Cheese, shredded	¼ cup	½ cup
Baby Spinach	28 g	56 g
Balsamic Glaze	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Italian Seasoning	1 ½ tsp	3 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



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Prep

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Roughly chop **spinach**.



Cook peppers

- Reheat the same pan (from step 2) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.



Cook shrimp

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Add **¾ tsp** (1 ½ tsp) **Italian Seasoning** and **¼ tsp** (½ tsp) **garlic salt**. Cook, stirring frequently, until fragrant, 30 sec.
- Transfer **shrimp** to a plate.

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **shrimp**. Work in batches, if necessary.



Make sauce

- Add **crushed tomatoes**, **1 tbsp** (2 tbsp) **balsamic glaze**, **¾ tsp** (1 ½ tsp) **Italian Seasoning** and **¼ tsp** (½ tsp) **garlic salt** to the same pan. Season with **pepper**, then stir to combine.
- Once simmering, reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 5-6 min.



Cook fusilli

- Meanwhile, add **fusilli** to the **boiling water**. Cook, stirring occasionally, until tender, 9-11 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **fusilli** to the same pot, off heat.



Finish and serve

- Add **sauce**, **spinach**, **any shrimp juices** from the plate, **half the Parmesan** and **half the reserved pasta water** to the pot with **fusilli**. (**TIP**: For a lighter sauce, add additional pasta water as needed.)
- Season with **salt** and **pepper**, to taste, then stir until **spinach** wilts, 1-2 min.
- Divide **fusilli** between bowls. Top with **shrimp**.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!