



# DILL BUTTER SHRIMP WITH LEEK & FENNEL

and Farfalle Pasta

PRONTO



## HELLO SHRIMP

Our shrimp are sourced sustainably to help protect our oceans!

TIME: 30 MIN



Shrimp



Leek, sliced



Dill



Lemon



Garlic



Farfalle



Fennel



Grape Tomatoes



Chili Flakes

## BUST OUT

- Measuring Cups
- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Strainer
- Large Pot
- Paper Towel
- Salt and Pepper
- Zester
- Olive or Canola Oil
- Unsalted Butter **2**  
(2 tbsp | 4 tbsp)

## INGREDIENTS

2-person | 4-person

- Shrimp **10** 285 g | 570 g
- Leek, sliced 113 g | 227 g
- Dill 7 g | 14 g
- Lemon 1 | 2
- Garlic 6 g | 12 g
- Farfalle **1** 170 g | 340 g
- Fennel 170 g | 340 g
- Grape Tomatoes 113 g | 227 g
- Chili Flakes 🌶️ 1 tsp | 2 tsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

In Step 4, use this heat guide to determine what spice level you prefer (dbl each for 4 ppl): **¼ tsp** mild, **½ tsp** medium, **1 tsp** spicy!



### 1 PREP

**Wash and dry all produce.\*** In a large pot, add **12 cups water** and **2 tsp salt.** (NOTE: Use same size pot, water and salt amount for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, peel then mince or grate **garlic.** Roughly chop **dill.** Cut **fennel** into 1-inch pieces. Halve **tomatoes.** Zest, then juice **half the lemon.** Cut **remaining lemon** into wedges. Using a strainer, drain and rinse **shrimp,** then pat dry with paper towel.



### 4 COOK SHRIMP

To the pan with **veggies,** add **shrimp, tomatoes, garlic, lemon zest, 2 tbsp butter** (dbl for 4 ppl) and **¼ tsp chili flakes** (dbl for 4 ppl) (NOTE: Reference Heat Guide in Start Strong). Season with **salt and pepper.** Cook, stirring occasionally, until **shrimp** just turns pink, 2-3 min. (TIP: Cook to a min. internal temp of 74°C/165°F.\*\*)



### 2 COOK PASTA

To **boiling water,** add **farfalle.** Cook, stirring occasionally, until tender, 12-13 min. When **farfalle** is done, reserve **½ cup pasta water** (dbl for 4 ppl). Drain and return **farfalle** to the same pot, off the heat.



### 5 ASSEMBLE PASTA

When **shrimp** is done, to the pot with **farfalle,** add **shrimp mixture, reserved pasta water** and **1 tbsp lemon juice** (dbl for 4 ppl). Heat pot over low heat. Stir together, until **sauce** comes together and everything is coated, 1-2 min. Remove pan from heat, then stir in **half the dill.** Season with **salt and pepper.**



### 3 COOK VEGGIES

Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **leeks and fennel.** Cook, stirring often, until softened, 6-8 min. Season with **salt and pepper.**



### 6 FINISH AND SERVE

Divide **shrimp pasta** between plates. Sprinkle over **remaining dill** and squeeze over a **lemon wedge,** if desired.

## BFF!

Best friends forever -  
garlic and shrimp will always be  
our favourite combo!