



# Shrimp and Pesto Penne

with Parmesan and Spinach

Fresh Pasta

Quick

25 Minutes



Shrimp



Fresh Penne



Yellow Onion



Roma Tomato



Garlic, cloves



Baby Spinach



Parmesan Cheese, shredded



Basil Pesto

HELLO BASIL PESTO

*This sweet, herbaceous sauce is great to add to dishes for extra flavour power!*

## Start here

Before starting, wash and dry all produce.

### 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
Fresh Penne	227 g	454 g
Yellow Onion	56 g	113 g
Roma Tomato	160 g	320 g
Garlic, cloves	2	4
Baby Spinach	56 g	113 g
Parmesan Cheese, shredded	¼ cup	½ cup
Basil Pesto	½ cup	1 cup
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.*



### 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, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Cut **tomatoes** into ½-inch pieces.
- Peel, then mince or grate **garlic**.



### Assemble pasta

- Add **shrimp and veggies, spinach, reserved pasta water** and **half the Parmesan** to the pot with **penne**.
- Season with **salt and pepper**, to taste, then stir until **spinach** wilts, 1 min.



### Cook shrimp and veggies

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring often, until tender, 3-4 min.
- Add **shrimp** and **garlic**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Season with **salt** and **pepper**. Set aside.



### Finish and serve

- Divide **shrimp and pesto penne** between plates.
- Sprinkle **remaining Parmesan** over top.

## Dinner Solved!



### Cook penne

- Meanwhile, add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 2-3 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **penne** to the same pot, off heat.
- Add **pesto** to **penne**, then stir to combine.
- Cover to keep warm. Set aside.

### Contact

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