



Shrimp and Pesto Penne

with Parmesan and Spinach

Special

Quick

25 Minutes



Shrimp



Fresh Penne



Onion, chopped



Roma Tomato



Garlic, cloves



Baby Spinach



Parmesan Cheese, shredded



Basil Pesto



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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 |
| Onion, chopped | 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, cut **tomatoes** into ½-inch pieces.
- Peel, then mince or grate **garlic**.



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.



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 coat.
- Cover to keep warm. Set aside.



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.



Finish and serve

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

Dinner Solved!

Contact

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