



Shrimp and Zucchini Linguine

with Dill Cream Sauce

Fresh Pasta

Quick

25 Minutes



Shrimp



Zucchini



Green Peas



Onion, chopped



Fresh Linguine



Dill



Vegetable Broth Concentrate



Dijon Mustard



Cream



Garlic Puree

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

- 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.

Bust out

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Zucchini	200 g	400 g
Green Peas	56 g	113 g
Onion, chopped	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
Unsalted Butter*	1 tbsp	2 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Roughly chop **dill**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl) and 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, 1-2 min.
- Remove the pan from heat.
- Stir **half the dill** into **sauce**.



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.)



Assemble pasta

- Add **shrimp and zucchini** to the pot with **linguine**.
- Pour **sauce** into the pot, then toss to combine.
- Season with **salt** and **pepper**, to taste.



Cook linguine and peas

- Meanwhile, add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 2-4 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain **linguine** and return to the same pot, off heat.



Finish and serve

- Divide **linguine** between bowls.
- Sprinkle **remaining dill** over top.

Dinner Solved!