



SHRIMP FUSILLI

with Roasted Pepper, Lemon and Basil

MAKE
FIRST

FAMILY



HELLO SHRIMP

All of our shrimp is sourced in a sustainable manner that preserves the health of the oceans

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 621



Shrimp



Fusilli



Lemon



Garlic



Red Bell Pepper



Basil



Panko
Breadcrumbs



Italian Seasoning

BUST OUT

- Baking Sheet
- Zester
- Large Non-Stick Pan
- Measuring Cups
- Large Pot
- Butter **2 (2 tbsp)**
- Garlic Press
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Strainer

INGREDIENTS

4-person

• Shrimp 10	570 g
• Fusilli 1	340 g
• Lemon	1
• Garlic	20 g
• Red Bell Pepper	380 g
• Basil	10 g
• Panko Breadcrumbs 1	½ cup
• Italian Seasoning	1 tbsp

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

Preheat your broiler to **high** (to broil the peppers).



1 PREP Wash and dry all produce.* In a large pot, add **10 ½ cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, zest and juice the **lemon**. Core, then thinly slice **peppers** into ¼-inch strips. Mince or grate **garlic**. Thinly slice **basil leaves**. Using a strainer, drain and rinse the **shrimp**, then pat dry with paper towels.



4 TOAST PANKO Meanwhile, heat a large non-stick pan over medium heat. Add **2 tbsp butter** and swirl the pan until melted, 1-2 min. Add the **panko** and **half the Italian seasoning**. Toast, stirring often, until the **panko** is golden-brown, 2-4 min. Transfer to a plate and set aside.



2 ROAST PEPPERS On a baking sheet, toss the **peppers** with **1 tbsp oil**. Season with **salt** and **pepper**. Broil in the middle of the oven, stirring halfway through cooking, until tender-crisp, 8-10 min.



5 ASSEMBLE PASTA Add **1 tbsp oil** to the same pan, then the **shrimp** and **garlic**. Sprinkle over the **remaining Italian seasoning**. Cook, stirring occasionally, until **shrimp** just turns pink, 1-2 min. (**TIP:** Cook to a min. internal temp of 74°C/165°F. ******) Add **peppers, pasta, pasta water, lemon zest** and **2 tbsp lemon juice**. Stir together until everything is warmed through and coated, 2-3 min. Season with **salt** and **pepper**.



3 COOK PASTA Meanwhile, add the **fusilli** to the large pot with the **boiling water**. Cook, stirring occasionally, until the **noodles** are tender, 9-11 min. When the **fusilli** is tender, reserve **½ cup pasta water**, then drain the **fusilli**.



6 FINISH AND SERVE Divide the **pasta** between bowls. Sprinkle with the **crispy panko** and **basil leaves**. Drizzle over any **remaining lemon juice**, if desired.

CRUNCHY!

Crispy breadcrumbs are a great alternative to Parmesan – and gives an unexpected salty crunch!