



Shrimp Fusilli

with Roasted Sweet Pepper Sauce

Family Friendly 35 Minutes



Shrimp



Fusilli



Garlic, cloves



Sweet Bell Pepper



Crushed Tomatoes



Italian Seasoning



Parmesan Cheese, shredded



Vegetable Broth Concentrate



Baby Spinach

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

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
Fusilli	170 g	340 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	796 ml
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 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

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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, core, then cut **pepper** into ¼-inch slices.
- Peel, then mince or grate **garlic**.



Cook shrimp

- Heat the same pan (from step 2) over medium.
- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **garlicky shrimp** to the plate with **peppers**.



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Remove the pan from heat, then transfer **peppers** to a plate.



Make sauce

- Add **crushed tomatoes, broth concentrate** and **half the Italian Seasoning** (use all for 4 ppl) to the same pan. Season with **salt** and **pepper**.
- Cook, stirring often, until **sauce** thickens slightly, 5-6 min.



Cook fusilli

- Meanwhile, add **fusilli** to the **boiling water**. Cook, stirring occasionally, until tender, 9-11 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl).
- Drain and return **fusilli** to the same pot, off heat.



Finish and serve

- Add **sauce, spinach, shrimp, peppers, any juices** from the plate, **2 tbsp butter** (dbl for 4 ppl) and **reserved pasta water** to the pot with **fusilli**.
- Season with **salt** and **pepper**, to taste, then stir until **spinach** wilts, 1-2 min.
- Divide **shrimp fusilli** between bowls.
- Sprinkle **Parmesan** over top.

Dinner Solved!