



TEX MEX SHRIMP WITH VEGGIES

and Bowtie Pasta Salad

FAMILY



HELLO SHRIMP

All of our shrimp are sustainably sourced to preserve the health of our oceans

TIME: 30 MIN



Shrimp



Farfalle



Corn-Edamame Blend



Mexican Seasoning



Mayonnaise



Greek Yogurt



Green Onions



Sweet Bell Pepper



Garlic



Lime

BUST OUT

- Measuring Cups
- Garlic Press
- Measuring Spoons
- Large Pot
- Strainer
- Whisk
- Paper Towel
- Large Non-Stick Pan
- Large Bowl
- Salt and Pepper
- Zester
- Olive or Canola Oil
- Sugar (1 tsp)

INGREDIENTS

4-person

- Shrimp 10 570 g
- Farfalle 1 340 g
- Corn-Edamame Blend 4 227 g
- Mexican Seasoning 2 tbsp
- Mayonnaise 3,6,9 2 tbsp
- Greek Yogurt 2 100 g
- Green Onions 4
- Sweet Bell Pepper 160 g
- Garlic 6 g
- Lime 1

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

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP

Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, thinly slice **green onions**. Peel, then mince or grate **garlic**. Core, then cut **bell pepper** into ½-inch pieces. Zest, then juice **lime**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towel.



4 COOK SHRIMP

Using the same pan, add another **1 tbsp oil**, then **shrimp, lime zest** and **garlic**. Sprinkle over **1 tbsp Mexican seasoning**. Cook, stirring occasionally, until **shrimp** just turns pink, 3-4 min. (**TIP:** Cook to a min. internal temp of 74°C/165°F, as size may vary.**)



2 MAKE PASTA & SAUCE

To the large pot with **boiling water**, add **farfalle**. Cook, stirring occasionally, until **farfalle** is tender, 12-13 min. Meanwhile, in a large bowl, whisk together **mayo, yogurt, half the green onions, 1 tbsp Mexican seasoning, 1 tbsp lime juice** and **1 tsp sugar**. Season with **salt** and **pepper**. Set aside. When **farfalle** is tender, drain.



5 FINISH PASTA SALAD

To the large bowl with **Tex-Mex veggies**, add **shrimp** and **farfalle**. Stir to combine.



3 COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **peppers** and **corn-edamame blend**. Cook, stirring often, until **peppers** have softened, 2-3 min. Transfer **veggies** to the large bowl with **Tex-Mex sauce**.



6 FINISH AND SERVE

Divide **shrimp pasta** between plates. Sprinkle over **remaining green onions**.

SO FRESH!

Tex-Mex goes Tex-fresh with an abundance of colourful veggies