



In your box

- 1 tsp. Italian Seasoning Blend
- 2 oz. Baby Spinach
- 1 tsp. Chopped Garlic
- 1 French Roll
- 2 oz. Marinara Sauce
- 1 oz. Shredded Parmesan Cheese
- 4 fl. oz. Cream Sauce Base
- .3 oz. Butter
- 8 oz. Cooked Cavatappi Pasta

Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Oven-Ready



Shrimp Cavatappi in Tomato Cream Sauce

with Parmesan and garlic bread

NUTRITION per serving—Calories: 697, Carbohydrates: 71g, Sugar: 5g, Fiber: 5g, Protein: 34g, Sodium: 1825mg, Fat: 30g, Saturated Fat: 13g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Halve **French roll**.
- In a mixing bowl, combine **butter**, half the **garlic** (reserve remaining for pasta), and 1 tsp. **olive oil**. Spread evenly on cut side of roll.
- Combine **marinara**, **cream sauce base**, half the **seasoning blend** (the rest is yours to do with as you please!), a pinch of **salt**, **pasta**, and remaining garlic in provided tray.



2. Add the Spinach and Shrimp

- Pat **shrimp** dry.
- Top **pasta** with **spinach**, then shrimp in an even layer. Top **shrimp** with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**.

Customize It Instructions

- If using **diced chicken**, follow same instructions as shrimp in Steps 2 and 3, baking covered in hot oven until chicken reaches minimum internal temperature, 20-25 minutes.



3. Bake the Meal

- Bake uncovered in hot oven, 15 minutes.
- After 15 minutes, place **garlic bread** in hot oven. Bake until bread is golden brown and shrimp reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- Carefully remove tray and garlic bread from oven. Stir **pasta** to combine. Garnish with **Parmesan**. Bon appétit!