



### In your box

- 1 oz. Pitted Kalamata Olives
- 10 fl. oz. Marinara Sauce
- 1 oz. Feta Cheese Crumbles
- 6 oz. Campanelle Pasta
- 1 Yellow Onion
- 🔥 ¼ tsp. Red Pepper Flakes
- 1 tsp. Mushroom Seasoning
- 2 Garlic Cloves
- .125 oz. Oregano

### Customize It Options

- 8 oz. Shrimp
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 16 oz. Double Portion-Shrimp

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt
- Colander, Medium Pot, Large Non-Stick Pan

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Greek-Style Shrimp Campanelle

with feta and olives

NUTRITION per serving—Calories: 639, Carbohydrates: 87g, Sugar: 15g, Fiber: 7g, Protein: 31g, Sodium: 1689mg, Fat: 18g, Saturated Fat: 4g  
 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

20-30 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Mild

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Only half the **onion** is used in this recipe

## Customize It Instructions

- If using **16 oz. shrimp**, follow same instructions as 8 oz. shrimp, working in batches if necessary.
- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as shrimp in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **flank steak**, separate into a single layer and pat dry. Follow same instructions as chicken in Step 3, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



### 1. Prepare the Ingredients

- Coarsely chop **olives**.
- Stem **oregano** and coarsely chop.
- Halve and peel **onion**. Cut one half into ¼" dice (remaining is yours to use as you please!).
- Mince **garlic**.
- Pat **shrimp** dry.



### 2. Cook the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Drain in a colander and set aside.
- While pasta cooks, cook shrimp.



### 3. Cook the Shrimp

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat.
- Add **shrimp** to hot pan and cook until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Transfer shrimp to a plate. Reserve pan; no need to wipe clean.



### 4. Make the Sauce

- Return pan used to cook shrimp to medium heat and add 2 tsp. **olive oil**. Add **onion** to hot pan and stir occasionally until tender, 2-3 minutes.
- Stir in **garlic** and cook, 30 seconds.
- Add **marinara**, **seasoning blend**, and **red pepper flakes** (to taste). Bring to a simmer.
- Once simmering, remove from burner.



### 5. Finish the Dish

- Stir **oregano**, **olives**, **pasta**, and **shrimp** into pan with **sauce** until combined and warmed through.
- Plate dish as pictured on front of card, garnishing with **cheese**. Bon appétit!