



In your box

- 2 oz. Shaved Parmesan
- 6 oz. Cremini Mushrooms
- 1 Shallot
- ¼ tsp. Red Pepper Flakes
- 6 oz. Penne Pasta
- 1 oz. Julienned Sun-Dried Tomatoes
- 1 Tbsp. Tomato Paste
- 2 tsp. Vegetable Base
- 4 fl. oz. Light Cream
- 2 oz. Baby Spinach

Customize It Options

- 8 oz. Shrimp
- 10 oz. Ground Beef
- 13 oz. Boneless Skinless Chicken Breasts



Penne Pasta with Sun-Dried Tomato Cream

with cremini mushrooms, spinach, and Parmesan

NUTRITION per serving—Calories: 645, Carbohydrates: 81g, Fat: 25g, Protein: 24g, Sodium: 1432mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ● ○ ○ ○
Mild

📌 You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **Parmesan**



1

Prepare the Ingredients

- Cut **mushrooms** into ¼" slices.
- Peel and mince **shallot**.



2

Cook the Vegetables

- Heat a large non-stick pan over medium-high heat with 2 tsp. **olive oil**. Add **mushrooms, shallot, red pepper flakes** (to taste), ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir often until browned and tender, 4-6 minutes.
- Transfer to a plate. Reserve pan; no need to wipe clean.
- *Meat lovers! If using **chicken**, pat dry and cut into 1" pieces on a separate cutting board. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil in a medium non-stick pan over medium-high heat until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **shrimp**, pat dry. Cook with 1 tsp. olive oil in a medium non-stick pan over medium-high heat until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. If using **ground beef**, cook in a medium non-stick skillet over medium-high heat with 1 tsp. olive oil. Break into small pieces with a spoon until no pink remains, 4-6 minutes. Season with ¼ tsp. salt and a pinch of pepper.*



3

Start the Pasta

- Return pan used to cook mushrooms to high heat.
- Add 3½ cups **water**, ¼ tsp. **salt**, **pasta**, **sun-dried tomatoes**, **tomato paste**, and **vegetable base** to hot pan and stir to combine. *Pasta should be covered by liquid. Add more water if needed.*
- Bring to a simmer, then reduce heat to medium to maintain simmer. Stir often until pasta is al dente, 12-15 minutes.
- *After pasta finishes cooking, there should be 1 cup liquid remaining after cooking.*



4

Make the Sauce

- Stir in **cream** and ¼ tsp. **salt** and bring to a simmer. *Do not boil, as cream sauces can break during boiling.* Once simmering, stir occasionally until sauce thickens to coat pasta, 2-4 minutes.
- *If using protein, stir into pasta.*



5

Finish Pasta and Finish Dish

- Add **mushroom-shallot mixture, spinach, Parmesan** (reserve a pinch for garnish), and a pinch of **salt** and **pepper** to pan. Stir gently until spinach just begins to wilt, 30-60 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with remaining Parmesan. Bon appétit!