



NUTRITION per serving 70g carbohydrates 39g fat 35g protein 1188mg sodium | soy-free, nut-free



Calories
773



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 6 oz. Broccoli
- 2 oz. Roasted Red Peppers
- 16 Shrimp
- 1 Tbsp. Lemon 'n Herb Seasoning
- 6 oz. Spaghetti
- 6 fl. oz. Heavy Whipping Cream
- 1 1/2 oz. Shaved Parmesan

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Colander
- Medium Non-Stick Pan

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HOME CHEF

Shrimp and Broccoli Alfredo with spaghetti

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Sauce** will thicken as it rests. If it becomes too thick, add reserved **pasta water** 2 Tbsp. at a time until loosened. If sauce is too watery, let rest and it will thicken on its own.

FROM THE CHEF

Why boil water twice? Adding broccoli florets to pot as spaghetti cooks is a major time and energy saver.

Did you know...

If pasta tossed in creamy Alfredo sauce is your idea of comfort food, that's no accident. In 1914, chef Alfredo di Lelio was trying to come up with a dish to ease his pregnant wife's discomfort when he served her what would become known as fettuccine Alfredo.



Prepare the Ingredients

Cut **broccoli florets** into bite-sized pieces. Coarsely chop **roasted red pepper**. Rinse **shrimp**, pat dry, and sprinkle with **seasoning blend**.



Cook the Pasta and Broccoli

Add **pasta** to boiling water and cook 6 minutes. Add **broccoli florets** to water and cook until pasta is al dente and broccoli is crisp tender, 2 minutes. Carefully ladle out and reserve 1 cup **cooking water** for finishing sauce. Drain pasta and broccoli in colander, shaking to remove as much water as possible. Reserve pot; no need to wipe clean.



Make the Alfredo Sauce

Return pot to medium-high heat, add **cream**, and bring to a boil. Add **Parmesan cheese**, remove from burner, and stir until smooth.



Finish the Pasta

Add **roasted red peppers**, **pasta**, and **broccoli** to pot and stir until **sauce** coats **pasta**. Taste and adjust seasoning with a pinch of **salt and pepper**. Cover and set aside. *Sauce will thicken as it rests. Stir in reserved pasta water 2 Tbsp. at a time to loosen, if desired.*



Cook the Shrimp

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **shrimp** to hot pan and cook until opaque, firm, and shrimp reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.



Plate the Dish

Place **pasta** on plate and top with **shrimp**.