



In your box

- ¼ oz. Parsley
- 2 Garlic Cloves
- ¼ tsp. Red Pepper Flakes
- 5 oz. Penne Pasta
- 4 oz. Grape Tomatoes
- .3 oz. Butter
- ¼ cup Panko Breadcrumbs
- 4 fl. oz. Light Cream
- 2 oz. Grated Parmesan

Customize It Options

- 8 oz. Shrimp
- 16 oz. Shrimp—Double Portion
- 8 oz. Scallops



Shrimp de Jonghe Penne and garlic-butter breadcrumbs

NUTRITION per serving—Calories: 685, Carbohydrates: 70g, Fat: 31g, Protein: 37g, Sodium: 1682mg.
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
45-55 min.

Cook Within
3 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Baking Sheet, Medium Oven-Safe Casserole Dish, Colander, Microwave-Safe Bowl, 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!

- Preheat oven to **425 degrees**
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare a casserole dish with cooking spray
- Ingredient(s) used more than once: **parsley, garlic, red pepper flakes**



1

Start Pasta and Prepare Ingredients

- Once water is boiling, add **pasta** and cook until tender but still slightly firm, 6-7 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander, rinse quickly with cold water, and set aside.
- While pasta cooks, stem and coarsely chop **parsley**.
- Mince **garlic**.
- Halve **tomatoes**.
- Pat **shrimp** dry, and season with a pinch of **pepper**.
- *If using scallops, pat dry, halve, and season same amount.*



2

Make the Garlic-Butter Breadcrumbs

- Place **butter** in a microwave-safe bowl and microwave until melted, 20-40 seconds.
- Stir **panko, parsley** (reserve a pinch for garnish), half the **garlic**, and half the **red pepper flakes** (reserve remaining of each for sauce) into butter. Set aside.



3

Cook the Shrimp

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **shrimp** to hot pan in a single layer and cook undisturbed on one side until golden, 1-2 minutes.
- Transfer to a bowl. *Shrimp will finish cooking in a later step.*
- *If using scallops, follow same instructions and cook undisturbed, 1-2 minutes.*
- Reserve pan; no need to wipe clean.



4

Make the Sauce

- Return pan used to cook shrimp to medium heat. Add 1 tsp. **olive oil** and remaining **garlic** to hot pan and stir until fragrant, 30 seconds.
- Add reserved **pasta cooking water, cream, and Parmesan** and stir constantly until slightly thickened, 3-6 minutes.
- Stir in **cooked pasta and tomatoes** and remove from burner.
- Taste, and add remaining **red pepper flakes** and a pinch of **salt and pepper** if desired.



5

Bake Pasta and Finish Dish

- Pour **pasta and sauce** into prepared casserole dish and place on prepared baking sheet to catch any drips. *For best results, use a 2-quart casserole dish or 9" pie pan.*
- Arrange **shrimp** on top and pour **any accumulated juices** over. Cover dish evenly with **garlic-butter breadcrumbs**.
- Bake in hot oven until breadcrumbs are golden brown and shrimp reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- Let cool 5 minutes.
- *If using scallops, follow same instructions.*
- Plate dish as pictured on front of card, garnishing with reserved **parsley**. Bon appétit!