



#### In your box

1 oz. Grated Parmesan Cheese  
5 oz. Farfalle Pasta  
1 Red Bell Pepper  
2 Garlic Cloves  
4 oz. Grape Tomatoes  
8 oz. Shrimp  
2 fl. oz. White Cooking Wine  
2 oz. Sour Cream  
¼ tsp. Red Pepper Flakes

CONTAINS milk, wheat, shellfish  
(shrimp)



## Shrimp Farfalle Calabrese

with red pepper cream sauce

NUTRITION per serving—Calories: 612, Carbohydrates: 66g, Fat: 23g, Protein: 30g, Sodium: 1339mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**20-30 min.**

Cook Within  
**3 days**

Difficulty Level ● ○ ○ ○  
**Easy**

Spice Level ● ○ ○ ○  
**Mild**

## You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, 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!*

- ☐ Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- ☐ Thoroughly rinse produce and pat dry
- ☐ Ingredient(s) used more than once: **Parmesan**



1

### Cook Pasta and Prepare Ingredients

- Add **pasta** to boiling water and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta water**. Drain pasta in a colander and rinse briefly to prevent sticking. Set aside.
- While pasta cooks, stem, seed, and cut **red bell pepper** into ½" dice.
- Mince **garlic**.
- Halve **tomatoes**.
- Pat **shrimp** dry.



2

### Cook the Shrimp

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat.
- Place **shrimp** in hot pan and cook undisturbed until golden brown, 1 minute.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 30-60 seconds.
- Transfer shrimp to a plate.
- Reserve pan; no need to wipe clean.



3

### Cook the Red Bell Pepper

- Return pan used to sear shrimp to medium heat and add 1 Tbsp. **olive oil**.
- Add **red bell pepper** to hot pan and stir occasionally until slightly charred, 4-6 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**.



4

### Make the Sauce

- Add **garlic** to pan with red bell pepper and stir occasionally, 30 seconds.
- Add **white wine** and **reserved pasta water**. Cook until slightly reduced, 2-3 minutes.



5

### Finish the Pasta

- Add **pasta**, **sour cream**, **shrimp**, **tomatoes**, **red pepper flakes** (to taste), and half the **Parmesan** (reserve remaining for garnish) to pan. Stir until shrimp are warmed through, 1 minute.
- Remove from burner. Season with ¼ tsp. **salt** and a pinch of **pepper**.
- Plate dish as pictured on front of card, garnishing with remaining Parmesan. Bon appétit!