



In your box

.125 oz. Oregano
2 fl. oz. White Cooking Wine
¼ tsp. Red Pepper Flakes
1 Zucchini
8 oz. Shrimp
5 oz. Fettuccine Pasta
4 fl. oz. Light Cream
2 oz. Feta Cheese
1 oz. Julienned Sun-Dried Tomatoes
2 Garlic Cloves



Greek Shrimp Scampi Fettuccine

with garlic and feta

NUTRITION per serving—Calories: 659, Carbohydrates: 63g, Fat: 30g, Protein: 28g, Sodium: 1513mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Not Spicy

🕒 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: **feta cheese, oregano**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Mince **garlic**.
- Stem and mince **oregano**.
- Finely chop **sun-dried tomatoes**.
- Trim **zucchini** ends and quarter lengthwise. Cut into ¼” pieces.
- Pat **shrimp** dry, and season with ¼ tsp. **salt** and a pinch of **pepper**.



3

Cook the Shrimp

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



4

Make the Sauce

- Return pan used to cook shrimp to medium-high heat and add 2 tsp. **olive oil**. Add **garlic, sun-dried tomatoes, zucchini, and oregano** (reserve a pinch for garnish). Stir often until garlic is aromatic, 1-2 minutes.
- Add **white wine** and cook until mostly evaporated, 1-2 minutes.
- Stir in **cream, pasta cooking water, and feta cheese** (reserve a pinch for garnish). Bring to a boil and cook until thickened, 3-4 minutes.
- Stir in **pasta, shrimp, ¼ tsp. salt, and a pinch of pepper**. Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with reserved **feta cheese, reserved oregano, and red pepper flakes** (to taste). Bon appétit!