



In your box

- 4 oz. Light Cream
- 2 Garlic Cloves
- 1 oz. Grated Parmesan
- 4 oz. Grape Tomatoes
- 3 oz. Corn Kernels
- 5 oz. Linguine
- 1 tsp. Powdered Ranch Seasoning

Customize It Options

- 8 oz. Shrimp
- 8 oz. Scallops
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 16 oz. Shrimp—Double Portion
- 4 oz. Bacon

*Contains: milk, wheat, shellfish (scallops, shrimp)

You will need

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



Creamy Corn and Tomato Shrimp Linguine

with Parmesan cheese

NUTRITION per serving—Calories: 736, Carbohydrates: 75g, Fat: 32g, Protein: 32g, Sodium: 1720mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

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

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

Customize It Instructions

- If using **16 oz. shrimp**, follow same instructions as 8 oz. shrimp, patting dry and seasoning with ¼ tsp. **salt** and a pinch of **pepper**. Cook in batches, if necessary.
- If using **scallops**, follow same instructions as shrimp in Steps 2 and 3, cooking until scallops reach minimum internal temperature, 1-2 minutes per side.
- If using **diced chicken breast**, follow same instructions as shrimp in Steps 2 and 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and adding bacon to hot pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. Crumble, and place on pasta.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 9-11 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander, shaking to remove as much water as possible. Return pasta to pot and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve **tomatoes**.
- Mince **garlic**.
- Pat **shrimp** dry, and season all over with a pinch of **salt** and **pepper**.



3

Cook the Shrimp

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **shrimp** to hot pan and cook undisturbed until seared 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. Keep pan over medium-high heat.



4

Cook the Vegetables

- Add 1 Tbsp. **olive oil**, **corn**, **garlic**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until warmed through, 2-3 minutes.
- Add **tomatoes** and cook until softened, 1-2 minutes.
- Remove vegetables to a plate. *If desired, combine shrimp and vegetables.* Keep pan over medium-high heat.



5

Make the Sauce

- Add **cream** to hot pan and bring to a boil. Once boiling, stir occasionally until slightly thickened, 2-3 minutes.
- Remove from burner and stir in **pasta**, **pasta cooking water**, **Parmesan** (reserve a pinch for garnish), and **seasoning blend**.
- Remove from burner.
- Plate dish as pictured on front of card, topping pasta with **vegetables** and **shrimp**, and garnishing with remaining Parmesan. Bon appétit!