



In your box

- 1 oz. Shredded Asiago Cheese
- 5 oz. Farfalle Pasta
- 2 Garlic Cloves
- 6 oz. Broccoli Florets
- 8 oz. Shrimp
- 2 oz. Peas
- 4 fl. oz. Light Cream
- 3 Tbsp. Basil Pesto



Shrimp Pesto Farfalle

with broccoli and peas

NUTRITION per serving—Calories: 676, Carbohydrates: 69g, Fat: 33g, Protein: 33g, Sodium: 1897mg.
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, Medium 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** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **cheese**



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. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Mince **garlic**.
- Cut **broccoli** into bite-sized pieces, if necessary.
- Pat **shrimp** dry, and season with a pinch of **pepper**.



3

Sear the Shrimp

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **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.
- Transfer shrimp to a plate.
- Reserve pan; no need to wipe clean.



4

Cook the Vegetables

- Return pan used to cook shrimp to medium-high heat and add 2 tsp. **olive oil**.
- Add **garlic, broccoli, peas**, and ¼ tsp. **salt** to hot pan and stir occasionally until broccoli is tender, 3-5 minutes.



5

Finish the Dish

- Add **cream, pesto**, half the **cheese** (reserve remaining for garnish), and half the **pasta cooking water** to pan. Bring to a simmer and stir occasionally until sauce is thickened, 2-3 minutes.
- *If needed, add remaining pasta water 1 Tbsp. a time until desired consistency is reached.*
- Stir in **pasta, shrimp**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with remaining cheese. Bon appétit!