



In your box

- ¼ oz. Parsley
- 4 fl. oz. Light Cream
- 1 oz. Grated Parmesan
- 2 tsp. Mirepoix Base
- ¼ tsp. Red Pepper Flakes
- 5 oz. Baby Spinach
- 2 Garlic Cloves
- 1 Shallot
- 5 oz. Spaghetti

Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Jumbo Shrimp
- 16 oz. Shrimp—Double Portion

*Contains: milk, wheat, shellfish (shrimp)

You will need

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



Shrimp Florentine Pasta

with garlic and Parmesan

NUTRITION per serving—Calories: 578, Carbohydrates: 66g, Fat: 22g, Protein: 32g, Sodium: 1551mg.

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

Mild

👑 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

Customize It Instructions

- If using **jumbo shrimp**, follow same instructions as regular shrimp in Steps 1, 3, and 4.
- If using **diced chicken**, follow same instructions as shrimp in Step 1, seasoning with ¼ tsp. **salt** and a pinch of **pepper**. In Step 2, stir occasionally until chicken lightly browns, 4-5 minutes. Then follow same instructions as shrimp in Step 4, cooking until chicken reaches minimum internal temperature.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Peel and mince **shallot**.
- Coarsely chop **spinach**.
- Mince **parsley** (no need to stem).
- Mince **garlic**.
- Pat **shrimp** dry, and season all over with a pinch of **salt** and **pepper**.



2

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 boils, cook shrimp.



3

Cook the Shrimp

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Working in batches if needed, add **shrimp** to hot pan and cook undisturbed until seared on one side, 1-2 minutes.
- Flip shrimp, and add **shallot** and **garlic**. Cook until aromatic, 30-60 seconds.



4

Make the Sauce

- Lower heat to medium. Add **spinach** to pan and stir occasionally until spinach is wilted and **shrimp** reaches a minimum internal temperature of 145 degrees, 2-3 minutes.
- Add **cream**, **Parmesan**, half the **pasta cooking water**, **mirepoix base**, and **pasta** and stir to combine. Bring to a simmer. Once simmering, cook until sauce is slightly thickened, 2-3 minutes.
- If too dry, add additional pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.
- Remove from burner and season with ¼ tsp. **salt** and **red pepper flakes** (to taste).



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **pasta** with **parsley** (to taste). Bon appétit!