



#### In your box

- 2 oz. Baby Spinach
- 1 Shallot
- 3 Tbsp. Sun-Dried Tomato Pesto
- 6 oz. Campanelle Pasta
- 1 oz. Feta Cheese
- ¼ tsp. Red Pepper Flakes
- .3 oz. Butter
- 1 Yellow Bell Pepper
- 4 fl. oz. Light Cream
- 2 oz. Sliced Banana Peppers

#### Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Ground Turkey

#### You will need

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



## Mediterranean Campanelle and Sun-Dried Tomato Cream

with spinach and feta

NUTRITION per serving—Calories: 630, Carbohydrates: 83g, Fat: 30g, Protein: 17g, Sodium: 1315mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

25-35 min.

Cook Within

7 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

Meat lovers! If using protein, cook in a large non-stick pan before starting sauce. Transfer to a plate and reserve pan for sauce; no need to wipe clean. Stir protein into pasta in Step 4. If using **diced chicken breasts**, pat dry. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil over medium-high heat until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry. Cook with 2 tsp. olive oil over medium-high heat until shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **ground turkey**, combine with ¼ tsp. salt and a pinch of pepper. Cook over medium-high heat with 1 tsp. olive oil. Break into small pieces with a spoon until no pink remains, 7-9 minutes.

#### Minimum Internal Temperature

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



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### Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



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### Prepare the Ingredients

- Stem, seed, remove ribs, and cut **yellow bell pepper** into ¼" dice.
- Peel and mince **shallot**.
- Coarsely chop **banana peppers**.
- Coarsely chop **spinach**.



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### Start the Sauce

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **yellow bell pepper**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until pepper starts to brown, 2-3 minutes.
- Add **shallot** and stir occasionally until softened, 1-2 minutes.
- Stir in **banana peppers** and a pinch of **salt** until warmed through, 30 seconds.



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### Finish the Sauce

- Add **cream**, **spinach**, **pesto**, **pasta**, **butter** and half the **pasta cooking water** to pan. Bring to a simmer.
- Once simmering, stir constantly until thickened and spinach just starts to wilt, 2-3 minutes.
- Season with a pinch of **salt** and **pepper**.
- *If too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*



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### Finish the Dish

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