



#### In your box

2 oz. Shredded Mozzarella  
¼ oz. Parsley  
¼ tsp. Red Pepper Flakes  
6 oz. Grape Tomatoes  
2 Garlic Cloves  
¼ fl. oz. Red Wine Vinegar  
1 French Roll  
5 oz. Farfalle Pasta  
1 oz. Grated Parmesan

#### Customize It Options

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

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Medium Pot, Colander, Baking Sheet,  
Large Non-Stick Pan



Staff Pick

## Shrimp Fra Diavolo Farfalle

with cheesy bread

NUTRITION per serving—Calories: 733, Carbohydrates: 88g, Fat: 26g, Protein: 41g, Sodium: 1689mg.

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

30-40 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
- Preheat oven to 400 degrees
- Bring 8 cups water and 2 tsp. salt to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: Parmesan, mozzarella

## Customize It Instructions

- If using **scallops**, pat dry and halve. Season all over with a pinch of salt and pepper. Follow same instruction as shrimp in Step 3, cooking until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side. Stir into pasta in Step 5.
- If using **diced chicken**, pat dry and halve. Season all over with a pinch of salt and pepper. Follow same instruction as shrimp in Step 3, stirring occasionally until chicken reaches a minimum internal temperature, 5-7 minutes. Stir into pasta in Step 5.

Minimum Internal Temperature

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



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## Cook Pasta and Prepare Ingredients

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, halve **French roll**, if necessary.
- Mince **garlic**.
- Halve **tomatoes**.
- Stem and coarsely chop **parsley**.
- Pat **shrimp** dry, and season all over with a pinch of **pepper**.



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## Bake the Cheesy Bread

- Place **roll halves**, cut-side up, on prepared baking sheet. Top evenly with 2 tsp. **olive oil**, 1 tsp. **Parmesan**, half the **mozzarella** (reserve remaining of each for sauce), and a pinch of **pepper**.
- Bake in hot oven until bread is lightly toasted and cheese is melted, 5-7 minutes.
- While bread bakes, start shrimp.



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## Start the Shrimp

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Working in batches, add **shrimp** to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Transfer to a plate. *Shrimp will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



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## Make the Sauce

- Return pan used to cook shrimp to medium heat. Add 1 Tbsp. **olive oil** and **garlic** to hot pan and stir until fragrant, 30-60 seconds.
- Add **tomatoes** and a pinch of **salt** and **pepper**. Stir occasionally, mashing tomatoes, until softened, 5-7 minutes.
- Add ½ tsp. **red wine vinegar** (remaining is yours to do with as you wish!), remaining **Parmesan**, **shrimp**, **pasta**, and **reserved pasta cooking water**. Bring to a simmer. Once simmering, stir occasionally until shrimp reaches minimum internal temperature and sauce thickens to coat pasta, 2-3 minutes.
- Remove from burner.



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## Finish the Dish

- Stir remaining **mozzarella**, **parsley** and **red pepper flakes** (to taste) into pan until combined.
- Plate dish as pictured on front of card. Bon appétit!