



#### In your box

1 tsp. Chesapeake Seasoning  
1 oz. Grated Parmesan  
3 oz. Corn Kernels  
1 Ciabatta  
6 oz. Cavatappi Pasta  
2 Green Onions  
2 oz. Light Cream Cheese  
4 oz. Light Cream

#### Customize It Options

8 oz. Shrimp  
16 oz. Shrimp—Double Portion  
12 oz. Diced Boneless Skinless  
Chicken Breasts  
8 oz. Scallops  
8 oz. Italian Pork Sausage Links

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

#### You will need

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



## Creamy Shrimp Cavatappi

with corn & ciabatta croutons

NUTRITION per serving—Calories: 903, Carbohydrates: 104g, Fat: 34g, Protein: 39g, Sodium: 1731mg.

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
- ☐ Preheat oven to **400 degrees**
- ☐ Bring 8 cups **water** and 1 tsp. **salt** to a boil in a medium pot
- ☐ Prepare a baking sheet with foil and cooking spray

## Customize It Instructions

- If using **Italian sausage**, remove from casing. Before cooking shrimp, heat a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and Italian sausage to hot pan. Break into smaller pieces with a spoon until no pink remains, 4-6 minutes. Transfer sausage to a plate and tent with foil. Wipe pan clean and reserve for shrimp.
- If using **16 oz. shrimp** or **scallops**, pat dry and season with ¼ tsp. **salt**. Follow same instructions as 8 oz. shrimp, cooking in batches if necessary.
- If using **diced chicken**, pat dry and season with ¼ tsp. salt. Follow same instructions as shrimp Step 3, cooking over medium-high heat and stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



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### Boil 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 and set aside.
- While pasta cooks, trim and thinly slice **green onions**.
- Slice or tear **ciabatta** into ¾" pieces.
- Pat **shrimp** dry.



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### Bake the Ciabatta Croutons

- Place **ciabatta** on prepared baking sheet and toss with 1 Tbsp. **olive oil** and **Parmesan**.
- Spread into a single layer. Bake in hot oven until golden brown, 8-10 minutes.
- While croutons bake, cook shrimp.



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### Cook the Shrimp

- Place a large non-stick pan over medium heat and add 1 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 to a plate. Let cool, 5 minutes. Once cooled, coarsely chop shrimp.
- Reserve pan; no need to wipe clean.



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### Make the Sauce

- Return pan used to cook shrimp to medium heat. Add **cream cheese**, **seasoning blend**, and **cream** to hot pan. Stir until cream cheese is fully incorporated, 2-3 minutes.
- Bring to a simmer. Once simmering, cook until sauce thickens slightly, 1-2 minutes.
- Stir in **pasta**, reserved **pasta cooking water**, **shrimp**, **corn**, and **green onions**. Stir until warmed through and sauce coats pasta, 2-3 minutes.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing **pasta** with **ciabatta croutons**. Bon appétit!