



In your box

- ¼ tsp. Red Pepper Flakes
- 1 oz. Shredded Parmesan Cheese
- 1 Zucchini
- 6 oz. Campanelle Pasta
- 8 fl. oz. Marinara Sauce
- 3 oz. Peas
- 2 oz. Baby Spinach
- ½ oz. Seasoned Croutons
- 2 Garlic Cloves

Customize It Options

- 8 oz. Shrimp
- 8 oz. Scallops
- 16 oz. Shrimp—Double Portion
- 8 oz. Jumbo Shrimp

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

You will need

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



Staff Pick

Shrimp Campanelle Primavera

with Parmesan cheese and zucchini

NUTRITION per serving—Calories: 763, Carbohydrates: 89g, Fat: 22g, Protein: 36g, Sodium: 1696mg.

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

Easy

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 16 oz. **shrimp**, follow same instructions, cooking in batches if necessary and cooking until shrimp reaches minimum internal temperature.
- If using **jumbo shrimp**, follow same instructions as shrimp in Steps 2 and 3, cooking undisturbed until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **scallops**, follow same instructions as shrimp in Steps 2 and 3, cooking until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.

Minimum Internal Temperature

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



1

Cook the Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve 1 cup **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim **zucchini** ends and slice into ½” rounds.
- Coarsely crush **croutons**.
- Mince **garlic**.
- Pat **shrimp** dry.



3

Cook the Shrimp

- Place a large 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.
- Remove shrimp to a plate. Reserve pan; no need to wipe clean.



4

Make the Sauce

- Return pan used to cook shrimp to medium-high heat. Add 4 tsp. **olive oil**, **garlic**, **spinach**, and **zucchini** to hot pan. Stir occasionally until spinach is wilted, 3-4 minutes.
- Stir in **marinara**, ¼ cup reserved **pasta cooking water**, and a pinch of **salt** and **pepper**. Bring to a simmer.
- Once simmering, add **peas** and stir occasionally until warmed through, 3-4 minutes.



5

Finish the Dish

- Stir **pasta** and **shrimp** into pan until warmed through, 1-2 minutes.
- *If sauce is too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **crushed croutons**, **Parmesan**, and **red pepper flakes** (to taste). Bon appétit!