



PASTA PRIMAVERA

with Lemon Parm Sauce, Bell Pepper, Zucchini & Peas

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Zucchini



2 | 4
Scallions



1 | 1
Lemon



6 oz | 12 oz
Penne Pasta
Contains: Wheat



1 TBSP | 1 TBSP
Tuscan Heat
Spice



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



1 | 2
Veggie Stock
Concentrate



4 oz | 4 oz
Peas



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 880



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 930



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



HELLO







HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

YOU'RE THE ZEST

We like using a microplane for zesting, but if you don't have one, use a peeler to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Large pot
 - Whisk
 - Zester
 - Paper towels  
 - Baking sheet
 - Large pan  
 - Strainer
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp)  
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com




1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, core, and thinly slice **bell pepper**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**.



2 ROAST VEGGIES

- Toss **bell pepper** and **zucchini** on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack until tender and lightly charred, 15-18 minutes.
-  While veggies roast, rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels; season with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes. Transfer to a plate.



3 COOK PASTA

- Once water is boiling, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **1½ cups pasta cooking water** (2 cups for 4 servings), then drain. **(Keep empty pot handy for next step.)**



4 MAKE SAUCE

- Heat a **drizzle of olive oil** in pot used for pasta over medium heat. Add **scallion whites** and **1 tsp Tuscan Heat Spice** (2 tsp for 4 servings); cook, stirring, 1 minute. **(Be sure to measure the Tuscan Heat Spice; we sent more.)**
- Whisk in **cream sauce base, stock concentrate,** and **¼ cup reserved pasta cooking water** (½ cup for 4). Cook, whisking, until slightly thickened, 2-3 minutes.
- Reduce heat to medium low and whisk in **crème fraîche** until smooth.




5 TOSS PASTA


- Add drained **penne, peas, half the Parmesan** (save the rest for serving), **half the lemon zest, 1 TBSP butter** (2 TBSP for 4 servings), and a **big squeeze of lemon juice** to pot with **sauce**. Cook, stirring, until butter has melted and penne is coated in a creamy sauce. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**
- Stir in **roasted veggies**. Taste and season with **salt and pepper**. Add more lemon zest or lemon juice if you like. **TIP: For an extra-rich experience, stir in another 1 TBSP butter** (2 TBSP for 4).



6 SERVE

- Divide **pasta** between plates or shallow bowls. Top with **scallion greens** and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

 *Shrimp are fully cooked when internal temperature reaches 145°.

 *Chicken is fully cooked when internal temperature reaches 165°.

 Stir in **shrimp** or **chicken** along with **roasted veggies**.