



10 oz | 20 oz

Contains: Shellfish

Shrimp

G Calories: 770

10 oz 20 oz

Breast

G Chopped Chicken

G Calories: 820

PENNE WITH SPINACH & GRAPE TOMATOES

topped with Garlic Butter Breadcrumbs & Parmesan



PREP: 5 MIN COOK: 20 MIN CALORIES: 620

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HELLO

PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs give this dish an irresistibly buttery crunch.

STIR THINGS UP

If you're using a smaller pan, you can add the spinach to the pot of pasta during the last 30 seconds of cooking rather than simmering it with the tomato sauce. Drain the pasta and spinach together, and stir it all into the sauce in Step 6.

BUST OUT

- Large pot
 Strainer
- Large pan Paper towels 🕏
- Kosher salt
- Black pepper

reaches 165

- Cooking oil (1 tsp | 1 tsp) 😏 😒
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

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1 PREP

- Bring a large pot of salted water to a boil.
 Wash and dry produce.
- Halve tomatoes.



2 TOAST & SEASON PANKO

- Melt 1 TBSP butter (2 TBSP for 4 servings) in a large pan over medium-high heat. Add panko and cook, stirring, until golden and toasted, 2-3 minutes.
- Stir in half the garlic powder (you'll use the rest later) and cook until fragrant, 30 seconds.
- Turn off heat; transfer to a plate and season with **salt** and **pepper**. Wipe out pan.
- Rinse shrimp* under cold water; pat
 shrimp or chicken* dry with paper towels
 and season with salt and pepper. Heat
 a drizzle of oil in pan used for panko
 over medium-high heat. Add shrimp or
 chicken; cook, stirring occasionally, until
 cooked through, 4-6 minutes. Turn off
 heat; transfer to a plate. Wipe out pan.



5 COOK VEGGIES

- Stir **tomatoes** and **spinach** into pan with **sauce**. Cook, stirring, until spinach is wilted and tomatoes are softened, 3-4 minutes.
- At the end of this step, stir in **shrimp** or **chicken** until coated.



3 COOK PENNE

- Once water is boiling, add penne to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve ¼ cup pasta cooking water.
- Drain and set aside.



6 FINISH & SERVE

- Stir drained penne into pan with sauce until thoroughly coated. (TIP: If needed, add a splash or two of reserved pasta cooking water until everything is coated in a creamy sauce.) Taste and season with salt and pepper.
- Divide pasta between bowls and top with Parmesan. Sprinkle with as many garlic butter breadcrumbs as you like. Add a pinch of chili flakes to taste and serve.

and pepper.

4 MAKE SAUCE

fragrant, 30 seconds.

• While penne cooks, melt 1 TBSP butter

(2 TBSP for 4 servings) in pan used for

remaining garlic powder and cook until

concentrate, and **cream cheese**. Bring to a simmer and cook, stirring, until combined

and creamy, 2-3 minutes. Season with salt

panko over medium-high heat. Add

Stir in 1/3 cup water (1/2 cup for 4), stock