



PESTO & WALNUT PANKO CAVATAPPI

with Blistered Grape Tomatoes, Asparagus & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



4 oz | 8 oz
Grape Tomatoes



6 oz | 12 oz
Asparagus



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
Pesto
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 850



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 920



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 730



HELLO




WALNUT PANKO TOPPING

Buttery breadcrumbs and chopped walnuts add toasty flavor and crispy contrast for a better bowl of pasta!

MAKE IT SNAPPY

Trim asparagus in a snap—literally! Hold the spears near the bottom ends and bend until the tough parts break off.

BUST OUT

- Large pot
- Large pan
- 2 Small bowls
- Paper towels 
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Place **cream cheese packet** in a small bowl of warm water to soften.
- Halve **grape tomatoes** lengthwise. Trim and discard woody bottom ends from **asparagus**; cut crosswise into 1-inch pieces. Roughly chop **walnuts**.




4 COOK VEGGIES

- In same pan used for panko, heat a **large drizzle of oil** over medium-high heat. Add **tomatoes** and **asparagus**; season with **salt** and **pepper**.
- Cook, stirring occasionally, until tomatoes begin to blister and asparagus is slightly tender, 2-3 minutes.



2 START PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **½ cup pasta cooking water (1 cup for 4 servings)**, then drain.
-  Rinse **shrimp*** under cold water, then pat dry with paper towels, or open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; season with **salt** and **pepper**. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.





5 FINISH PASTA

- Stir **drained cavatappi**, **pesto**, **cream cheese**, and **¼ cup reserved pasta cooking water (½ cup for 4 servings)** into pan with **veggies**.
- Cook, stirring occasionally, until sauce thickens and everything is evenly coated, 1-2 minutes. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time until pasta is coated in a creamy sauce.**

-  Stir **shrimp** or **chicken** into **veggies** along with **cavatappi**.



3 MAKE WALNUT PANKO


- While pasta cooks, melt **1 TBSP butter (2 TBSP for 4 servings)** in a large pan over medium-high heat. Add **walnuts** and **panko**; cook, stirring, until golden brown, 3-5 minutes. **TIP: Keep an eye on the panko; it browns quickly!**
- Turn off heat; transfer to a second small bowl. Season with **salt** and **pepper** and set aside. Wipe out pan.
-  Use pan used for shrimp or chicken  here.



6 SERVE

- Divide **pasta** between shallow bowls. Top with **walnut panko** and **Parmesan**. Serve.

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

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