



CREAMY SHRIMP LINGUINE

with Crunchy Parmesan Topping

FAMILY



HELLO SHRIMP

All of our shrimp is sourced in a sustainable manner that helps preserve the health of the oceans

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 667



Shrimp



Tarragon



Lemon



Baby Spinach



Parmesan Cheese



Italian Breadcrumbs



Sour Cream



Green Peas



Linguine



Garlic

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Small Bowl
- Strainer
- Large Pot
- Butter **2 (2 tbsp)**
- Zester
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Garlic Press
- Measuring Spoons

INGREDIENTS

4-person

- Shrimp **10** 570 g
- Tarragon 10 g
- Lemon 1
- Baby Spinach 227 g
- Parmesan Cheese **2** ½ cup
- Italian Breadcrumbs **1,2,4,8** ½ cup
- Sour Cream **2** 6 tbsp
- Green Peas 227 g
- Linguine **1** 340 g
- Garlic 20 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

When cooking the pasta, starch is released into the water; that starchy pasta water helps to thicken this sauce, without adding extra ingredients.



1 PREP Wash and dry all produce.* In a large pot over high heat, combine **10 cups water** with **2 tsp salt**. Cover and bring to a boil. Meanwhile, strip the **tarragon leaves** from the stems and roughly chop. Zest **1 tbsp lemon zest**. Cut the **lemon** into wedges. Mince or grate the **garlic**. Using a strainer, drain and rinse the **shrimp**, then pat dry with paper towels.



4 COOK SHRIMP Pat the **shrimp** dry with paper towels. Add **1 tbsp oil** to the same pan, then the **shrimp** and **garlic**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **shrimp** just turns pink, 1-2 min. (**TIP:** Cook to a minimum internal temp of 74°C/165°F.**)



2 MAKE PANGRATTATO Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **2 tbsp butter** and swirl until melted, 1-2 min. Add the **breadcrumbs** and **½ tbsp lemon zest**. Toast, stirring often, until the **mixture** is golden-brown, 3-4 min. Transfer to a small bowl and stir in the **half the Parmesan**. Set aside.



5 MAKE SAUCE In the same pan, add the **spinach**, **peas**, **pasta water**, **linguine**, **sour cream** and **remaining Parmesan**. Cook, stirring often, until the **linguine** is warmed through and the **spinach** wilts, 2-3 min. Season with **salt** and **pepper**.



3 COOK PASTA Meanwhile, add the **linguine** to the **boiling water**. Cook, uncovered, stirring occasionally, until the **noodles** are tender, 9-11 min. When the **pasta** is done, reserve **½ cup pasta water** and drain the **pasta**.



6 FINISH AND SERVE Divide the **linguine** between bowls. Sprinkle over the **crispy pangrattato** and chopped **tarragon leaves**. Serve with a **lemon wedge**.

CREAMY

A touch of starchy pasta water is the secret ingredient to this creamy sauce!