



**GREEN
CHEF**

BUTTERY LEMON-GARLIC SHRIMP

linguine, sautéed zucchini, sun-dried tomatoes, Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

770

Any night is date night with this simple, wow-worthy Italian restaurant favorite. In our 25-minute riff on shrimp scampi, the succulent shellfish are cooked in butter with garlic and dried herbs, then tossed with tangles of tender linguine, sautéed zucchini, and tangy sun-dried tomatoes. Add a shower of Parmesan, lemon zest, and red pepper flakes, and dinner is served. Now, that's *amore!*

INGREDIENTS (10 ITEMS)

6 oz **Linguine** W
 ¼ oz **Sun-dried tomatoes**
 1¾ oz **Vegetable broth with lemon juice**
 1 whole **Zucchini**
 ¼ oz **Garlic**
 1 whole **Lemon**
 10 oz **Shrimp*** SH
 1 tsp **Italian herb & red pepper blend**
 ½ tsp **Crushed red pepper flakes**
 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

large pot
 large sauté pan
 mixing bowls
 measuring cup & spoons
 strainer
 microplane
 thermometer
 olive oil
 4 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT SH SHELLFISH (shrimp)
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Shrimp are fully cooked when internal temperature reaches 145 degrees and they're pearly and opaque in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish. Consuming raw or undercooked shellfish may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK PASTA

- Bring a large pot of lightly salted water to a boil. Add **linguine**. Cook 9-11 minutes, or until al dente, stirring occasionally.
- Reserve about ¼ cup **pasta cooking water**. Strain **linguine**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Place **sun-dried tomatoes** in a small bowl. Cover with **vegetable broth with lemon juice**. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes**. Return to bowl with **broth**.
- Trim ends off **zucchini***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Mince **garlic**.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a second small bowl. Quarter **lemon**.

**The ingredient you received may be a different color.*

3 COOK SHRIMP & ZUCCHINI

- Rinse **shrimp**. Pat dry with paper towels.
- Heat 1 tablespoon butter in a large sauté pan over medium-high heat. Add **zucchini** to hot pan. Cook 2-3 minutes, or until lightly browned, stirring occasionally.
- Add **shrimp, garlic**, and 1 tablespoon butter. Season with **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-5 minutes, or until zucchini softens, stirring frequently.

4 ADD TOMATOES

- Add **tomatoes with broth** and reserved **pasta cooking water** to pan with **shrimp and zucchini**. Cook 2-3 minutes, or until shrimp are fully cooked and sauce has slightly reduced, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted.

5 ADD PASTA

- Transfer **linguine** to pan with **shrimp and veggies**. Squeeze juice from two **lemon wedges** over pan, removing any seeds. Add about half of the **lemon zest**. Stir to combine. Season with salt, pepper, and **crushed red pepper flakes*** to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

6 PLATE YOUR DISH

- Divide **buttery lemon-garlic shrimp with linguine** between bowls. Sprinkle with **Parmesan cheese** and remaining **lemon zest**. Serve with remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (445g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 18g	90%
Trans Fat 1g	
Cholesterol 255mg	85%
Sodium 1270mg	55%
Total Carbohydrate 77g	28%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 297mg	25%
Iron 5mg	30%
Potassium 974mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Shrimp [shrimp, water, sodium bicarbonate, citric acid, salt], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Linguine** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Zucchini**, **Sun-Dried Tomatoes** [organic dried tomatoes], **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil]), **Lemon**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Crushed Red Pepper Flakes**, **Garlic**

Allergen information:

Contains Milk, Wheat And Shellfish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

