



PARMESAN LINGUINE WITH SHRIMP & BACON

broccoli, creamy mushroom sauce, parsley

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
830

A silky Parmesan-infused sauce, shrimp seasoned with Italian herbs, and bacon cooked to crispy perfection are the highlights of this elegant and supremely satisfying linguine dinner. And that's not all—broccoli is added to the pasta pot in the last few minutes of cooking, for more layers of deliciousness. A final sprinkle of parsley, red pepper flakes, and Parmesan cheese adds extra pops of flavor and color on top.

INGREDIENTS (11 ITEMS)

- 6 oz **Broccoli**
- ¼ oz **Garlic**
- ¼ oz **Parsley**
- 6 oz **Linguine** W
- 4 oz **Bacon***
- 10 oz **Shrimp**** SH
- ¾ tsp **Italian herb & red pepper blend**
- 3½ oz **Creamy mushroom broth** M
- 1 oz **Cream cheese** M
- 1 oz **Parmesan cheese** M
- ½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

- large pot
- large sauté pan
- medium bowl
- measuring cup & spoons
- strainer
- thermometer
- cooking & olive oils
- 1 tbsp butter M
- salt

ALLERGENS

- W WHEAT SH SHELLFISH (shrimp)
- M MILK

COOKING FOR 4 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.

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork or shellfish. Consuming raw or undercooked pork or 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 PREP

- Bring a large pot of lightly salted water to a boil.
- Cut **broccoli** into bite-size pieces if necessary.
- Mince **garlic**.
- De-stem **parsley**; finely chop leaves.

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 COOK PASTA & BROCCOLI

- Once water is boiling, stir in **linguine**. Cook 8 minutes, stirring occasionally. Carefully reserve about $\frac{1}{3}$ cup **pasta cooking water**.
- Once linguine has cooked 8 minutes, add **broccoli** to pot. Cook 2-4 minutes more, or until linguine is al dente and broccoli is tender. Strain **broccoli** and **linguine**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

3 COOK BACON

- Heat a dry, large sauté pan over medium-high heat. Add **bacon** to hot pan. Cook 6-10 minutes, or until crispy and fat renders, flipping occasionally.
- Transfer **bacon** to a paper-towel-lined plate and allow to cool. Discard all but a thin layer of **bacon fat** from pan. Reserve pan.
- Transfer **bacon** to a cutting board. Roughly chop.

4 PREP & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Season with **Italian herb and red pepper blend**. Drizzle with about 1 teaspoon cooking oil. Stir to coat.
- Heat about 1 tablespoon butter in pan used for bacon over medium-high heat. Add **garlic** and **shrimp** to hot pan. Cook 3-4 minutes, or until shrimp are seared on both sides, stirring occasionally.

5 SIMMER SAUCE

- Add $\frac{1}{3}$ cup reserved **pasta cooking water**, **creamy mushroom broth**, **cream cheese**, about half the **Parmesan cheese**, and about half the **parsley** to pan with shrimp. Cook 1-2 minutes, or until shrimp are fully cooked and sauce is combined.
- Add **linguine and broccoli** to pan with **shrimp**. Stir to combine. Season with salt to taste.

6 PLATE YOUR DISH

- Divide **Parmesan linguine with shrimp** between bowls. Top with **bacon**. Garnish with remaining **parsley**, remaining **Parmesan cheese**, and **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (466g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 290mg	97%
Sodium 1360mg	59%
Total Carbohydrate 73mg	27%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 53g	
Vitamin D 0mcg	0%
Calcium 368mg	30%
Iron 5mg	30%
Potassium 656mg	15%

* 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], **Bacon** [pork, cured with: water, salt, sodium phosphate, sodium erythorbate, sodium nitrite], **Linguine** [semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Garlic**, **Broccoli**, **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Parsley**, **Crushed Red Pepper Flakes**

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.