



Cajun-Spiced Wild Shrimp

with Creamy Penne & Roasted Peppers



20-30min



2 Servings

This flavorful pasta meal comes together in 30 minutes, thanks to quick-cooking wild caught shrimp. The shrimp is sautéed with aromatic garlic, scallions, and our Cajun spice blend. Next, ultra-creamy mascarpone cheese is added, to create a luscious sauce that perfectly coats the shrimp and accompanying penne and roasted peppers. We top it off with a heavy sprinkle of Parmesan cheese. Think of it as the icing on the plate.

What we send

- 6 oz penne ¹
- garlic
- 2 scallions
- 2 (¾ oz) Parmesan ²
- 4 oz roasted red peppers
- 3 oz mascarpone ²
- 10 oz pkg wild caught shrimp ³
- ¼ oz Cajun seasoning

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot
- box grater or microplane
- medium skillet

Allergens

Wheat (1), Milk (2), Shellfish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 49g, Carbs 71g, Protein 52g



1. Cook pasta

Bring a large pot of **salted water** to a boil. Add **pasta** and cook until al dente, 7-9 minutes. Reserve **½ cup cooking water**; drain pasta, return to pot, and toss with **1 teaspoon oil**. Set aside until Step 6.



2. Prep ingredients

Meanwhile, finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice, keeping dark greens separate. Finely grate **Parmesan**, if necessary. Pat **peppers** dry, then slice into thin strips.



3. Prep sauce & shrimp

Reserve **2 tablespoons of the Parmesan** for step 6. Add **remaining Parmesan, mascarpone**, and **¼ cup of the reserved cooking water** to a medium bowl; whisk to combine. Season **sauce** to taste with **salt** and **pepper**. Rinse **shrimp**, then pat very dry. (First thaw under cool running water, if necessary.)



4. Sauté aromatics

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **scallion whites and light greens, chopped garlic**, and **1½ teaspoons Cajun seasoning**; cook, stirring, until fragrant, about 30 seconds.



5. Cook shrimp

Add **shrimp** and cook, stirring, until pink and cooked through, 2 minutes. Add **sauce** to skillet; reduce heat to medium. Cook until warmed through, about 1 minute.



6. Finish & serve

Add **sauce, shrimp**, and **peppers** to pot with **pasta**. Cook over medium, stirring to coat and adding additional cooking water, 1 tablespoon at a time, until sauce reaches desired consistency and pasta is heated through. Place **pasta, shrimp, and peppers** in bowls and top with **scallion dark greens**. Serve with **reserved Parmesan** alongside. Enjoy!