



## Shrimp Scampi with Gluten Free-Fettuccine

Broccoli & Peas



20-30min



2 Servings

Shrimp scampi is a garlicky, buttery delight, and here we top al dente fettuccine with sweet shrimp for a satisfying one-bowl meal. Broccoli and peas cook along with the pasta for a time-saving (and pot-saving) trick. Classic scampi flavors of lemon and garlic make up the creamy sauce that coats the noodles before tossing it all with Parmesan and parsley. Scampi lovers: rejoice with this quick and comforting meal!

## What we send

- ½ lb broccoli
- ¼ oz fresh parsley
- garlic
- 1 lemon
- 9 oz gluten free fettuccine <sup>3</sup>
- 2½ oz peas
- 10 oz pkg shrimp <sup>2</sup>
- 1 pkt crushed red pepper
- ¾ oz Parmesan <sup>7</sup>
- 1 pkt seafood broth concentrate <sup>2,4</sup>

## What you need

- kosher salt & ground pepper
- unsalted butter <sup>7</sup>
- olive oil

## Tools

- medium saucepan
- microplane or grater
- medium skillet

## Allergens

Shellfish (2), Egg (3), Fish (4), Milk (7).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 41g, Carbs 78g,  
Protein 40g



### 1. Prep ingredients

Bring a medium saucepan of **lightly salted water** to a boil. Cut **broccoli** into florets, if necessary; thinly slice florets. Finely chop **parsley leaves and stems** and **1 tablespoon garlic**. Cut **3 tablespoons butter** into 1-inch pieces. Into a small bowl, finely grate the **zest of half the lemon**, then squeeze the **juice of half the lemon**, removing any seeds.



### 4. Cook garlic & grate Parm

In same skillet set over medium heat, add **chopped garlic**, **1 tablespoon oil**, and **½ teaspoon crushed red pepper** (more or less depending on heat preference). Cook, stirring occasionally, until garlic is just starting to turn golden, 1-3 minutes.

Finely grate **Parmesan**.



### 2. Cook pasta & vegetables

Add **fettuccine**, **broccoli** and **peas** to boiling water and cook, stirring to prevent sticking, until pasta is al dente and the vegetables are bright green and crisp-tender, 2-3 minutes. Reserve **1 cup cooking water**; drain pasta and vegetables.



### 5. Sauce pasta

To skillet, add **lemon zest and juice**, **pasta**, **vegetables**, **broth concentrate**, **butter pieces**, and **¼ cup of the reserved cooking water**. Cook over high heat, stirring and tossing rapidly, until sauce is slightly thickened and coats pasta with a creamy glaze, 2-3 minutes, adding more cooking water in ¼ cup increments, as needed to loosen.



### 3. Cook shrimp

Rinse **shrimp**, then pat dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over high until shimmering. Add shrimp in an even layer and cook, stirring, until shrimp are pink and starting to turn lightly golden in spots, about 2 minutes. Transfer shrimp to a plate.



### 6. Finish & serve

Remove skillet from heat; add **half of the Parmesan** and toss to combine thoroughly, loosening with any remaining cooking water, if necessary. Season to taste with **salt** and **pepper**. Add **shrimp** and **chopped parsley**; toss to warm through. Serve **shrimp scampi** in bowls and garnish with **Parmesan**, if desired. Cut **remaining lemon** into wedges and serve alongside. Enjoy!