



# GARLICKY SHRIMP SCAMPI

with Bell Peppers and Linguine

PREP: 10 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE

MAKE FIRST



## HELLO SCAMPI

Buttery shrimp with a veggie boost

### INGREDIENTS:

- Garlic
- Shallots
- Parsley
- Lemons
- Red Bell Pepper
- Linguine (Contains: Wheat)
- Chili Flakes 
- Shrimp (Contains: Shellfish)

### FOR 4 PEOPLE:

- 4 Cloves
- 2
- ½ oz
- 2
- 2
- 12 oz
- 1 tsp
- 20 oz

### NUTRITION PER SERVING

591 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 36 g | Carbs: 83 g | Sugar: 9 g | Sodium: 411 mg | Fiber: 8 g

## START STRONG

**When zesting lemons, don't get too zealous.** You only want to remove the bright yellow outer skin. Leave the white pith behind—it's bitter and can add some unpleasant overtones to your dish.



## BUST OUT

- Large pot
- Large pan
- Olive oil (4 tsp)
- Butter (2 TBSP) (Contains: Milk)
- Zester
- Strainer



### 1 PREP

**Wash and dry all produce.** Bring **water** and a large pinch of **salt** to a boil in a large pot. Mince or grate **garlic**. Halve, peel, and mince **shallot**. Finely chop **parsley**. Zest and halve **lemons**. Core, seed, and thinly slice **bell pepper**.

### 2 COOK PEPPERS

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **bell pepper** and cook until lightly caramelized, 7-8 minutes, tossing occasionally. Season with **salt** and **pepper**. Remove **bell pepper** from pan and set aside.

### 3 BOIL PASTA

Add **linguine** to boiling water and cook until al dente, 9-11 minutes. Drain, reserving  $\frac{1}{2}$  cup **pasta water**.



### 4 COOK AROMATICS AND SHRIMP

Heat another large drizzle of **olive oil** in same pan used for **bell pepper** over medium heat. Add **shallot**, **garlic**, and as much of the **chili flakes** as you like. Cook and toss until softened, 3-4 minutes. Add **shrimp** to pan and cook until just opaque, 2-3 minutes. Season with **salt** and **pepper**.

### 5 TOSS PASTA

Add drained **linguine**, reserved **bell pepper**, reserved **pasta water**, **lemon zest**, a squeeze of **lemon**, and **2 TBSP butter** to pan with **shrimp**. Toss until **butter** is melted and **shrimp** are fully cooked, 1-2 minutes. Season with **salt** and **pepper**.

### 6 FINISH

Divide **shrimp** and **linguine** between plates. Sprinkle with chopped **parsley** and serve.

## WOWZA!

This is one seafood special that's hard to resist.

