

# Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (3 Tbsp)

### 6 MEEZ CONTAINERS

Linguine

Shrimp

Grape Tomatoes

Garlic, Onion & Herbs

Arugula

Lemon

## Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

**Shrimp is a good source** of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

**Health snapshot per serving** – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

### 1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

### 2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

### 3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

### 4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

### 5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***