

Shells with Basil Cream Sauce

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil cream sauce and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Shells
Basil Cream
Veggies
Parmesan

Good to Know

Meez Family Favorite!

Health snapshot per serving – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Asparagus, Green Beans, Pasta Shells, Cream, Basil, Parmesan, Chive, Garlic, White Balsamic Vinegar, Vegetable Broth, Black Pepper.

meez *meals*

1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

3. Put It All Together

Add the **Basil Cream** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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