

# Basil Shrimp with Baked Spaghetti

Al dente spaghetti, a fresh tomato sauce and shrimp sautéed in a lemon garlic basil oil and baked with plenty of mozzarella and Parmesan. It's comfort food taken up a notch.

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Spaghetti  
Yellow Peppers  
Tomato Herb Sauce  
Lemon Garlic Basil Oil  
Shrimp  
Italian Cheese

## Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you zucchini and squash "noodles" instead of pasta, reducing the **carbs per serving to 29g**. Skip boiling water in step 1 and skip step 2 completely. Use the uncooked zucchini and squash noodles in place of the cooked pasta in step 3.

We love this dish as a baked pasta, but if you're in a hurry, skip the baking and have it on the table in just 20 minutes.

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

## Good To Know

**Health snapshot per serving** – 575 Calories, 15g Fat, 47g 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, Spaghetti, Tomato, Bell Peppers, Red Onions, Mozzarella, Parmesan, Monterey Jack, Basil, Garlic, Thyme, Oregano, Mayonnaise, Lemon.

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### 1. Getting Organized

Put a large saucepan of water on to boil over high heat. Preheat oven to 400 degrees and spray or lightly brush a casserole dish with oil.

While the water is coming to a boil, pat dry the **Shrimp**, and generously salt and pepper. Transfer the shrimp to a ziplock bag and add half the **Lemon Garlic Basil Oil** (the green sauce). Seal and mix until the shrimp is well coated. Let marinate until step 4.

### 2. Cook The Spaghetti

Add a generous pinch of salt and the **Spaghetti** to the boiling water and cook until al dente, about 10 minutes. Drain the pasta and return it to the saucepan.

### 3. Prepare The Spaghetti Bake

Add half the **Italian Cheese**, the **Tomato Herb Sauce**, the **Yellow Peppers**, and the remaining Lemon Garlic Basil Oil to the saucepan with the cooked spaghetti and stir well.

Pour the contents of the saucepan into the oiled casserole dish, top with the remaining Italian Cheese and bake until the sauce is bubbly, and cheese is melted, about 20 minutes. Remove from the oven and let cool for at least 5 minutes.

### 4. Cook The Shrimp

While the casserole is cooling, heat a large skillet over medium-high heat. When the pan is hot, remove the shrimp from the ziplock bag and cook for a minute on each side until they are opaque and no longer grey in color. Discard the remaining marinade.

### 5. Put It All Together

Remove just the shrimp from the skillet and place on top of the baked spaghetti. Drizzle any remaining cooked Lemon Garlic Basil Oil over top and enjoy!

*Use enough water to cover the spaghetti.*

*It is Ok if the pasta is still a bit hard as it will cook more in the oven in step 3.*

Instructions for two servings.

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