

# Shrimp & Fettuccine with Spinach Alfredo Sauce

The best alfredo sauces are rich and creamy with a squeeze of lemon juice. This recipe is all that, but we challenged the test kitchen for something more, and they delivered with the addition of spinach, arugula and basil. It's bright and packed with vitamins, and even better with sauteed shrimp and tender fettuccine.

**20** *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 (1 Tbsp)

### 6 MEEZ CONTAINERS

Fettuccine  
Tomato & Zucchini  
Shrimp  
Sweet Paprika  
Spinach Alfredo  
Sauce  
Pecorino & Parmesan

## Good to Know

If you ordered the **Carb Conscious version** we sent you green beans instead of the pasta, reducing the **carbs per serving to 28g**. 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 green beans with a sprinkle of salt and pepper, and cook until they start to char, about 4 to 5 minutes. Set aside and wipe out the skillet. Use the green beans in place of the pasta in step 5.

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

**Health snapshot per serving** – 780 Calories, 29g Fat, 55g Protein, 77g Carbs, 22 Freestyle Points.

**Lightened-up health snapshot per serving** – 640 Calories, 25g Fat, and 56g Carbs by using two-thirds of the pasta and two-thirds of the sauce.

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

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Shrimp, Tomato, Cream, Zucchini, Fettuccine, Spinach, Parmesan, Pecorino Romano, Arugula, Garlic, Basil, Lemon, Brown Sugar, Paprika, Annatto, Black Pepper

**meez** *meals*

### 1. Get Organized

Bring a large saucepan of water to boil.

### 2. Cook the Pasta

Add the **Fettuccine** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and set aside until step 4.

### 3. Sear the Veggies

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Tomato & Zucchini** and cook until they start to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

### 4. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. 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.

Return the now-empty skillet to the stove with 1 Tbsp of butter and the **Sweet Paprika** over low heat. Stir continuously until the butter is melted, about a minute. Remove from the heat and stir in the cooked shrimp. Set the skillet aside until step 6.

### 5. Cook the Sauce

Heat the now-empty Fettuccine saucepan over medium heat and add the **Spinach Alfredo Sauce**. Bring to a low boil and then simmer for 1 to 2 minutes until it thickens slightly, then remove from the heat. Add the **Pecorino & Parmesan**, cooked Tomato & Zucchini, and cooked Fettuccine to the skillet. Stir gently.

### 6. Put It All Together

Serve the pasta, veggies and sauce with the shrimp on top. Enjoy!

Instructions for two servings.

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