

Pasta with Shrimp and Roasted Red Pepper Sauce

A Meez spin on an Italian classic. This recipe starts with our favorite roasted red pepper sauce. It makes a creamy pasta sauce without any cream. Add in plump shrimp, sautéed spinach and rotini, and you've got a 20 minute meal you'll fall in love with.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Tri-Color Rotini
Shrimp
Spinach
Parmesan Cheese
Red Pepper Sauce

Make the Meal Your Own

Cooking with a picky eater? Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.

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

Good to Know

If you're making the gluten-free version, we've given you gluten-free pasta.

Health snapshot per serving – 428 Calories, 36g Protein, 7g Fat, 12 Smart Points

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

INGREDIENTS: Spinach, Shrimp, Roasted Red Peppers, Tri-Color Rotini, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

meez *meals*

1. Get Organized

Put a saucepan of water on to boil.

Just use enough water to ensure the rotini will be completely covered.

2. Cook the Tri-Color Rotini

Salt the boiling water and add the **Tri-Color Rotini**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

3. Cook the Shrimp and Spinach and Finish the Sauce

Once the rotini is cooking, heat 1 ½ Tbsp olive oil in a large skillet over medium-high heat.

Dry and lightly salt and pepper the **Shrimp**. Cook for one minute then add the **Spinach** and cook, stirring constantly, until it wilts, about 2 to 3 minutes.

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook for a minute.

4. Put It All Together

Turn the heat off and add the cooked rotini and stir well. Serve topped with the remaining Parmesan. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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