

Shrimp Pasta with Lobster Bisque Sauce

As elegant and delicious as it sounds. With sautéed shrimp, egg noodles and a rich lobster cream sauce, topped with sautéed butternut squash. It's a restaurant-worthy dinner that's on the table in thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Egg Noodles
Shrimp
Mirepoix (onions, celery,
carrots)
Lobster Bisque Sauce
Butternut Squash

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you squash "noodles" instead of the egg noodles, reducing the **carbs per serving to 25g**. Skip step 1. Prior to step 2 pat dry the yellow squash. Heat 1 Tbsp olive oil in a large skillet on high heat. Sauté the squash until it starts to char, about 3 minutes. Use the squash "noodles" in place of the egg noodles in step 3.

Good to Know

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

Health snapshot per serving – 810 Calories, 49g Protein, 43g Fat, 58g carbs, 24 Freestyle Points

Lightened-Up Health snapshot per serving – 595 Calories, 43g Protein, 30g Fat, 42g carbs, 16 Freestyle Points by using two-thirds of the egg noodles and two-thirds of the sauce.

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

INGREDIENTS: Shrimp, Egg Noodles, Butternut Squash, Lobster, Onion, Celery, Carrots, Cream, Tomato, Garlic, Thyme, Old Bay.

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1. Getting Organized

Bring a pot of water to boil over high heat.

2. Cook the Egg Noodles

Add the **Egg Noodles** to the boiling water with a pinch of salt and cook until al dente, about 5 to 6 minutes. Drain thoroughly and return to the now empty saucepan.

3. Cook The Shrimp

While the noodles are cooking, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece in half. Do not wipe out the pan.

4. Create the Lobster Bisque Sauce

Return the now-empty skillet to the stove over medium high heat with 2 Tbsp olive oil. When the oil is hot, add the **Mirepoix** (onions, celery, carrots) and cook until the veggies start to brown, about 5 to 7 minutes.

Add the **Lobster Bisque Sauce** and bring to a boil. Reduce heat to medium and simmer until sauce thickens, about 5 minutes. Remove the skillet from the heat.

Stir-in the sliced shrimp and cooked egg noodles, and place directly on serving plates.

5. Cook the Butternut Squash and Serve

Wipe out the now-empty skillet and return to the stove over medium high heat.

When the pan is hot, add the **Butternut Squash** and cook until charred slightly, about 3 to 5 minutes.

Top the pasta with the cooked squash and enjoy!

You need enough water to completely cover the egg noodles.

Get the noodles as dry as possible so your sauce doesn't end up watery.

Instructions for two servings.

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