

# Chipotle Shrimp and Rotini

Italian meets Mexican in this fresh mash up of seared shrimp in a smoky chipotle sauce that's mellowed by the addition of sweet cream and Parmesan. Served with green beans and tricolor rotini, it's a pasta dinner with a flair from Mexico.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Saucepan

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Tricolor Rotini
- Tomatoes, Onions & Garlic
- Chipotle Sauce
- Green Beans
- Shrimp
- Queso Fresco & Cilantro

## Good to Know

If you ordered the **Carb Conscious** version, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 40g**. Skip boiling water in step 1 and prior to Step 2, heat 1 Tbsp olive oil in the large skillet over high heat. When the oil is hot, add the zucchini "noodles" with a sprinkle of salt and pepper and cook until slightly charred, about 2 to 3 minutes Use the cooked zucchini "noodles" in place of the rotini in step 2.

**Health snapshot per serving** – 840 Calories, 52g Protein, 33g Fat, 89 Carbs, 25 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 640 Calories, 24g Fat, 65 Carbs, 17 Freestyle Points using two-thirds of the sauce.

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

INGREDIENTS: Shrimp, Tomatoes, Green Beans, Tricolor Rotini, Cream, Parmesan, Yellow Onion, Queso Fresco, Honey, Cilantro, Chicken Stock, Chipotles in Adobo, Lime, Garlic, Black Pepper, Savory.

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### 1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Tricolor Rotini** with a dash of salt and cook until al dente about 8 to 10 minutes. Drain and set aside until Step 2. Wipe out the saucepan.

### 2. Sear the Green Beans

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** in a single layer with a sprinkle of salt and pepper. Cook, undisturbed until they start to char, about 2 to 3 minutes. Stir and cook for an additional 1 to 2 minutes. Remove from the skillet and set aside until the end of step 3. Do not wipe out the skillet.

### 3. Make the Sauce

When the pasta is done cooking, return the now-empty saucepan to the stove over medium high heat and add 1 Tbsp olive oil. When the oil is hot, add the **Tomatoes, Onions & Garlic** and cook, stirring very frequently, until the onions start to turn translucent, about 4 to 5 minutes. Add the **Chipotle Sauce** to the saucepan and bring to a boil. Reduce the heat to low and cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Turn off the heat and add the cooked pasta and seared green beans. Stir, then cover and set aside until step 5.

### 4. Cook the Shrimp

When the green beans are done, return the now-empty skillet to the stove over medium high heat and add 1 Tbsp olive oil. Pat dry the **Shrimp** and when the oil is hot, add them to the pan with a sprinkle of salt and pepper. 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, then add to the pasta, green beans and sauce.

### 5. Put It All Together

Serve the Creamy Chipotle Shrimp and Rotini topped with the **Queso Fresco & Cilantro**. Enjoy!

Instructions for two servings.

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