

Shells with Basil Pesto

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil pesto and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ

CONTAINERS

Shells
Basil Pesto
Veggies
Parmesan

Good to Know

CHICKEN - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into strips. Stir into the pasta in Step 3.

STEAK - Prior to Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into strips. Stir into the pasta in Step 3.

SHRIMP - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the pasta in Step 3.

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the shells, reducing the **carbs per serving to 21g**. Skip step 1. Include the zucchini "noodles" as part of the veggies to be cooked in step 2.

Health snapshot per serving – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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to view YouTube
cooking video**



INGREDIENTS: Pasta Shells, Asparagus, Green Beans, Parmesan Cheese, Cream, Basil, Chive, Balsamic Vinegar, Vegetable Stock, Garlic, Black Pepper.

meez meals

1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

3. Put It All Together

Add the **Basil Pesto** and half the **Parmesan** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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