

Provençal Shrimp Pasta Salad

We're taking our inspiration from the French countryside this week. With seared green beans and asparagus, sautéed shrimp, al dente pasta, creamy lemon zest dressing, and a crispy parmesan tuile on top, it is as much at home on a picnic in Provence as on your dinner table..

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Tricolor Rotini
Shrimp
Creamy Lemon Zest Dressing
Asparagus & Green Beans
Parmesan, Asiago & Pepitas

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 19g**. 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 zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta.

Make ahead: Pasta salads are even better the next day. Prepare it up to 2 days in advance and enjoy when you are ready.

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

Health snapshot per serving – 660 Calories, 16g Fat, 54g Protein, 77g Carbs, 16 Freestyle Points.

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

INGREDIENTS: Shrimp, Tricolor Rotini, Asparagus, Green Beans, Mayonnaise, Buttermilk, Greek Yogurt, Parmesan, Asiago, Dill, Pepitas, Lemon Zest, Dijon Mustard, Lemon Pepper, White Pepper

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1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Tricolor Rotini** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Rinse under cold water in a colander until the noodles are room temperature. Let it drain in the colander until the end of step 3.

3. Assemble Shrimp Pasta Salad

After you've drained the pasta, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. 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.

Combine the cut shrimp, drained pasta, and **Creamy Lemon Zest Dressing** in a large mixing bowl and stir well.

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the **Asparagus & Green Beans** and cook until they start to char but are still bright green, about 5 to 6 minutes. Transfer the veggies to the mixing bowl and stir. Wipe out the skillet.

4. Prepare the Crispy Parmesan Tuile

Heat the now-empty skillet over high heat and add the **Parmesan, Asiago & Pepitas** in two thin even circles about 3" in diameter. Cook until the bottoms crisp and turn brown about 3 minutes, then flip and cook until the other side is brown and the entire tuile is brittle enough to be broken into pieces.

5. Put It All Together

Break the crispy parmesan tuile into bite-sized pieces and sprinkle over the pasta salad. Enjoy!

*Remove the
tuile
immediately
from the pan
to avoid
burning.*

Instructions for two servings.

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