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BURST TOMATO LINGUINE with Kale & Lemon Garlic Sauce

WHAT WE SEND

(2 servings | 4 servings)

CALORIES **630**

PREP IN **10 MIN**

READY IN **30 MIN**

* Keep refrigerated



Kale *
(1 | 1)



Garlic
(2 Cloves | 4 Cloves)



**Grape
Tomatoes** *
(1 | 2)



Lemon *
(1 | 1)



Linguine Pasta
(1 | 2)
Contains: Wheat



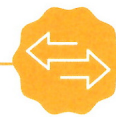
**Italian
Seasoning**
(1 | 1)



Cream Cheese *
(2 | 4)
Contains: Milk



**Shredded
Parmesan** *
(1 | 2)
Contains: Milk



If you chose to modify your meal, follow the **CustomPlate** instructions on the flip side of this card.



Shrimp *
(10 oz | 20 oz)
Contains: Shellfish
Cooking Oil *
Calories: 770



**Chicken Breast
Strips** *
(10 oz | 20 oz)
Cooking Oil *
Calories: 820

WHAT YOU'LL NEED

**Kosher Salt
Black Pepper**

Cooking Oil
(1 tsp | 2 tsp)

Butter
(2 TBSP | 4 TBSP)
Contains: Milk

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**CHEF'S
TIP**

To add a fun *crunch* to your dish, try garnishing the plated pasta with almonds, toasted panko, or BOTH! (You can thank us later.)

1.



Bring a large pot of **salted water** to a boil. **Wash and dry produce.** Halve **tomatoes**. Peel and finely chop **garlic**. Remove and discard any large stems from **kale**; roughly chop into bite-size pieces. Zest and quarter **lemon**.

3.



Meanwhile, heat a **drizzle of oil** in a large pan over medium heat. Add **tomatoes** and cook, stirring occasionally, until blistered, 1 minute. Add **garlic**, **kale**, **half the Italian Seasoning** (all for 4 servings), **salt**, and **pepper**. Cook, stirring occasionally, until garlic is fragrant and kale is slightly softened, 2–3 minutes. Add **½ cup reserved pasta cooking water** (⅔ cup for 4); simmer until veggies are tender and liquid has reduced by half, 2–3 minutes more.

↔ Use pan used for shrimp or chicken here.

5.



Divide **pasta** between bowls and top with **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

↔ Serve **remaining shrimp** or **remaining chicken** atop pasta.

2.



Once water is boiling, add **pasta** to pot. Cook, stirring occasionally, until al dente, 9–11 minutes. Reserve **⅔ cup pasta cooking water** (1 cup for 4 servings), then drain.

↔ Rinse **shrimp** under cold water. Pat shrimp or **chicken** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 3–4 minutes for shrimp or 4–6 minutes for chicken. Turn off heat; transfer to a plate and cover to keep warm. Wipe out pan.

4.



Stir **cream cheese** into pan with **veggies** until thoroughly combined. Reduce heat to low, then add **drained pasta**, a **pinch of lemon zest**, **half the Parmesan**, and **2 TBSP butter** (4 TBSP for 4 servings). Season generously with **salt** and **pepper**. Toss until everything is coated in a creamy sauce, adding more pasta cooking water a splash at a time as needed. Taste and add as much **lemon juice** as you'd like.

↔ Stir in **half the shrimp** or **half the chicken** along with **drained pasta**.

Shrimp are fully cooked when internal temperature reaches 145°. Chicken is fully cooked when internal temperature reaches 165°.