

# Healthy Harvest® Pasta Sauce Quick Fiery Tomato Shrimp with Herbed Linguine

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Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 4



Your family will love this elegant yet weeknight friendly pasta toss. Spicy Arrabbiata sauce paired with buttery shrimp, feta and herbs is an unbeatable combination.

## Ingredients

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| 1 jar<br>(570 mL) | <b>Healthy Harvest® Pasta Sauce, Arrabbiata</b> |
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| 1 pkg<br>(375 g) | <b>CATELLI SMART® Linguine</b> |
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| 1 pkg<br>(340 g) | large shrimp, thawed, peeled and deveined |
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| 2 tsp (10 mL) | finely grated lemon zest |
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| 1/4 tsp<br>(1 mL) | coarse ground pepper |
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| 2 tbsp<br>(30 mL) | extra virgin olive oil |
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| 1 tbsp<br>(15 mL) | each chopped fresh dill and parsley<br>(approx.) |
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| 1 | large clove garlic, grated |
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| 1/2 cup<br>(125 mL) | crumbled feta |
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## Instructions

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1. Cook linguine according to package directions; reserve 1/4 cup (60 mL) cooking water before draining.
  2. Meanwhile, warm pasta sauce in a large skillet set over medium heat until bubbling.
  3. Toss shrimp with lemon zest and pepper. Arrange in a single layer over sauce. Cover and cook for 3 to 5 minutes or until shrimp are pink. Stir into sauce and remove from heat.
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3. Toss linguine with cooking water, olive oil, dill, parsley and garlic; divide between 4 servings dishes. Spoon shrimp mixture over top; sprinkle with feta cheese and additional chopped parsley (if desired).
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Tips:

- Replace dill with basil if preferred.
- For a gluten free option, use CATELLI® Gluten Free Linguine.
- Layering the shrimp on top of the sauce, makes it easy to see when they are all uniformly pink and ensures perfectly cooked shrimp.

Nutritional Information per serving (1/4 recipe or about 1 2/3 cups/400 mL):  
620 calories, 17 g fat, 4.5 g saturated fat, 860 mg sodium, 88 g carbohydrates, 12 g fibre, 13 g sugars, 30 g protein.

Excellent source of thiamin, niacin, folate, vitamin B12 and iron. Good source of vitamin A, riboflavin and calcium.



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