

Lemon & Black Pepper Shrimp

with Fresh Linguine di Cavolo & Fava Leaves

Linguine “di cavolo” is an authentic Italian pasta dish typically featuring cabbage or kale. Well, we’re taking it up a notch here, using fresh linguine infused with kale as well as fresh kale in the pasta sauce. We’re also adding a special spring ingredient: fava leaves. Ours are grown by a special farm called BonPack, a family-run, organic farm that is dedicated to sustainable practices and specializes in hard-to-find ingredients. We couldn’t be happier to feature their fresh fava leaves in this beautiful dish.



Ingredients

- 8 Ounces Shrimp
- 6 Ounces Fresh Kale Linguine Pasta
- 3 Cloves Garlic
- 1 Bunch Kale
- 1 Lemon
- 1 Ounce Fava Leaves

Knick Knacks

- 3 Tablespoons Butter
- ½ Teaspoon Coarsely Ground Black Pepper
- ⅛ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and thinly slice the garlic. Separate the kale stems and leaves; discard the stems and roughly chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



Sauté the garlic:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and cook, stirring frequently, 2 to 3 minutes, or until golden brown and crispy. Transfer to a paper towel-lined plate, leaving any infused oil the pan. Season the garlic with salt and pepper and set aside.

3



Cook the kale:

To the pan of infused oil, add the **kale** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted.

4



Add the shrimp:

While the kale cooks, season the **shrimp** with salt and the **coarsely ground black pepper**. Add the seasoned shrimp to the pan of kale. Cook 2 to 3 minutes, or until the shrimp are opaque and cooked through. Remove from heat.

5



Make the pasta:

Add the **pasta** to the pot of boiling water. Cook 2 to 3 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, thoroughly drain the pasta and transfer to the pan of kale and shrimp. Add the **butter, lemon zest, the juice of all 4 lemon wedges, fava leaves** and **half the reserved pasta cooking water**. Cook on medium, stirring frequently, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water until you achieve your desired consistency.) Turn off the heat. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **pasta** between 2 bowls. Garnish with the **sautéed garlic**. Enjoy!