



More than Food



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Creamy Avocado Linguine with Coriander Shrimp and Tomatoes

Juicy shrimp are seasoned with citrusy coriander and sautéed with aromatics in this delicious 30-minute pasta creation. Avocado makes for a decadent, velvety sauce with unexpected flavors.



30 min



level 1



make me first



nut free



dairy free



Shrimp



Linguine



Avocado



Roma Tomato



Shallot



Lime



Garlic



Coriander, ground

Ingredients

	2 People	4 People
Shrimp	1) 10 oz	20 oz
Linguine	2) 6 oz	12 oz
Avocado	1	2
Roma Tomato	1	2
Shallot	2 oz	4 oz
Lime	1	2
Garlic	2 cloves	4 cloves
Coriander, ground	1 t	2 t
Oil*	1 T	2 T

*Not Included

Allergens

1) Shellfish

2) Wheat

Tools

Large Pot, Strainer,
Large Pan,
Medium Bowl, Zester

Ruler

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Nutrition per person Calories: 618 cal | Carbs: 80 g | Fat: 20 g | Protein: 32 g | Fiber: 10 g | Sodium: 803 mg

Make sure to wash and dry produce before prepping or cooking!

2



1 Prep the ingredients: Bring a large pot of water with a large pinch of **salt** to a boil. Halve, peel, and finely dice the **shallot**. Mince or grate the **garlic**. Core, halve, and seed the **tomato**. Slice each half into thin strips. Zest and halve the **lime**, cutting one-half into wedges.

2 Make the avocado sauce: Halve and pit the **avocado**. Scoop the flesh into a medium bowl. Add the **lime zest**, the **juice of half a lime**, and a pinch of **salt** and **pepper**. Mash together with a fork until smooth.

4



3 Cook the pasta: Add the **pasta** to the boiling water and cook for 9-10 minutes, until al dente. Drain, reserving **1/2 cup of pasta water**.

4 Meanwhile, heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **shallot** to the pan and cook, tossing, for 3-4 minutes, until softened. Add the **garlic** and cook for 1 minute, until fragrant. Season with **salt** and **pepper**.

5



5 Cook the shrimp: Add the **shrimp** and **coriander** to the pan and cook, tossing, for 3-4 minutes, until just cooked through. Season with **salt** and **pepper**.

6 When the **pasta** is ready, toss it into the pan along with the **avocado sauce**, **tomato**, and **1/4 cup pasta water**. Toss to combine thoroughly and heat through. Season with **salt** and **pepper**.

6



7 Plate the **linguine** and finish with a wedge of **lime**. Enjoy!