



Cooking Made Easy

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Shrimp Fra Diavolo

with Garlic Crostini



Fra diavolo translates literally to “brother devil” in Italian. This devilishly spicy tomato sauce is mellowed by sweet sun-dried tomato and succulent shrimp. Be sure to sop up all that saucy goodness with plenty of garlicky crostini.



35 min



level 1



eat me first



lactose free



spicy



nut free



Shrimp



Diced Tomatoes



Sun-Dried Tomatoes



Onion



Chili Flakes



Baguette



Garlic



Oregano



Stock Concentrate

| Ingredients | 2 People | 4 People |
|--------------------|----------|----------|
| Shrimp | 1) | 20 oz |
| Baguette | 2) 3) | 2 |
| Diced Tomatoes | 1 can | 2 cans |
| Stock Concentrate | 1 | 2 |
| Chili Flakes | 1 t | 2 t |
| Garlic | 2 cloves | 4 cloves |
| Oregano | 1 sprig | 2 sprigs |
| Onion | 1 | 2 |
| Sun-Dried Tomatoes | 1 ½ oz | 3 oz |
| Olive Oil* | 2 T | 4 T |

*Not included

Allergens

- 1) Shellfish
- 2) Wheat
- 3) Soy

Tools

Large Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 608 cal | Carbs: 62 g | Fat: 22 g | Protein: 43 g | Fiber: 10 g



1 Preheat oven to 400 degrees. Halve **1 garlic clove**. Halve the **baguette** lengthwise and rub the cut side with the **halved garlic**. Halve, peel, and thinly slice the **onion**. Chop the **sun-dried tomatoes**. Mince **all remaining garlic**. Pick the **oregano leaves** off the sprig and mince.



2 Heat 1 tablespoon **olive oil** in a large pan over medium-high heat. Add the **onion, sun-dried tomatoes**, and **¼ teaspoon chili flakes (or more!)** to the pan and cook, tossing, until onion is soft, about 5 minutes. Stir in the **minced garlic** and **oregano** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



3 Add the **diced tomatoes, stock concentrate**, and **½ cup water** to the pan. Reduce the heat to medium-low and simmer for 10 minutes, until sauce has thickened. Season with **salt** and **pepper**.

4 Season the **shrimp** with **salt** and **pepper**, then stir into the sauce and cook for 3-4 minutes, until just pink and opaque.



5 Meanwhile, drizzle the **baguette** with 1 tablespoon **olive oil** and season with **salt** and **pepper**. Toast on a baking sheet in the oven for 3-4 minutes, until golden brown and crispy.

6 Serve the **shrimp fra diavolo** sprinkled with **chili flakes (if you can take the heat!)** and **garlic crostini** to the side. Buon appetito!

Did You Know? In lieu of hours at the stove, using sun-dried tomatoes helps to add a concentrated, sweet tomato flavor in no time at all!