



Cooking Made Easy

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Peruvian Shrimp Ceviche Tacos

with Pico de Gallo and Avocado



Ceviche has been declared a part of the Peruvian national heritage, and for good reason! Composed of “raw” seafood, fresh citrus, onions, chilies, and spices, this dish celebrates the fresh, delicate flavors of the sea. Believe it or not, tender shrimp are so delicate that mere lemon juice alone can cook it!

30 min

level 1

nut free

dairy free

eat me first



Shrimp



Lemon



Lime



English Cucumber



Red Onion



Jalapeño



Tomato



Avocado



Cilantro



Flour Tortillas

Ingredients

	2 People	4 People
Shrimp	10 oz	20 oz
Lemon	1	2
Lime	1	2
English Cucumber	1	2
Red Onion	1	2
Jalapeño	1	2
Tomato	1	2
Avocado	1	2
Cilantro	1 bunch	2 bunches
Flour Tortillas	6	12
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Shellfish
- 2) Wheat

Tools

Medium Bowl,
Small Bowl, Peeler,
Tin Foil

Nutrition per person Calories: 611 cal | Carbs: 71 g | Fat: 25 g | Protein: 38 g | Fiber: 12 g

Ruler

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1



1 Preheat oven to 400 degrees (If you have a microwave, you can skip this step!). Juice the **lemon** and **lime** into a medium bowl. Chop the **shrimp** into 1/2-inch pieces. Toss the pieces of the **shrimp** into the bowl with the citrus zest and juice, making sure all of the shrimp is coated in juice. Let sit for 15-20 minutes to cook the shrimp in the citrus juice.

Did you know: the acid in lemon and lime juice is strong enough to cook delicate proteins like fish and shrimp! If you're not comfortable with this, feel free to boil the chopped shrimp for 1 minute, until opaque.

2



2 Meanwhile, **prep your vegetables:** halve, peel, and dice the **red onion**. Core, seed, and finely dice the **tomato**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat. Peel and dice the **cucumber**. Chop the **cilantro**, reserving a few small sprigs for garnish. Halve, pit, and peel the **avocado**, then thinly slice.

4



3 Wrap the **tortillas** in tin foil and place in the oven to warm for 5 minutes. (If you're using a microwave, wrap them in a damp paper towel and microwave on high for 30 seconds).

4 Meanwhile, **finish the shrimp ceviche:** toss **half the cucumber**, **half the tomato**, **half the red onion**, and **half the jalapeño** (or less, to taste) into the shrimp mixture. Season generously with **salt** and **pepper**.

5



5 Make the **pico de gallo:** in a small bowl, combine the **cilantro**, **remaining tomato**, **red onion**, **cucumber**, 1 tablespoon **olive oil**, and **half the jalapeño** (or less, to taste). Season with **salt** and **pepper**.

6 Assemble the **tacos:** fill each tortilla with **shrimp ceviche**, **pico de gallo**, and a few slices **avocado**. Finish each taco with a sprig of **cilantro**. Enjoy!