



Cooking Made Easy

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## Charred Avocado Cavatappi with Scallions, Heirloom Tomatoes, and Feta



If you thought avocado couldn't get any creamier, you were wrong. A quick char in the pan (or flash on the grill!) makes luscious avocado that much better. Tossed with juicy heirloom tomatoes and lightly charred scallions, this might be your new go-to pasta salad!

25 min

level 1

nut free

Veggie



Cavatappi



Avocado



Scallions



Feta



Garlic



Heirloom Tomatoes



Cilantro

## Ingredients

	1)	2 People	4 People
Cavatappi	1)	6 oz	12 oz
Avocado		1	2
Scallions		2	4
Garlic		2 cloves	4 cloves
Feta	2)	1 oz	2 oz
Heirloom Tomatoes		1 bunch	2 bunches
Cilantro		1 bunch	2 bunches
Olive Oil*		2 T	4 T

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large Pot, Strainer,  
Large Pan

**Nutrition per person** Calories: 611 cal | Carbs: 73 g | Fat: 28 g | Protein: 16 g | Fiber: 9 g

Ruler

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**1 Cook the pasta:** bring a large pot of water with a pinch of **salt** to a boil. Add the **cavatappi** and cook for 9-10 minutes, until al dente. Drain.

**2 Prep the vegetables:** meanwhile, halve and pit the **avocado**. Mince or grate the **garlic**. Thinly slice the **scallions**. Halve the **tomatoes**. Pick the **cilantro leaves** off the stems.

**3** Heat  $\frac{1}{2}$  tablespoon **olive oil** in a large pan over high heat. Add the **avocado**, cut side down, to the pan and cook 1-2 minutes, until charred. Set aside.

**4 Cook the veggies:** add another  $\frac{1}{2}$  tablespoon **olive oil** to the same pan over medium heat. Add the **scallions** and **garlic** and cook 1-2 minutes, until softened and fragrant. Add the **tomatoes** and cook, tossing, until slightly softened.

**5** Add the cooked **cavatappi** to the pan along with another 1 tablespoon **olive oil** and the **feta**. Toss to combine and season with **salt** and **pepper**.

**6** Carefully peel the skin from the **avocado** halves, then thinly slice. Season with **salt** and **pepper**.

**7** Divide the **pasta** among bowls and top with the **avocado slices**. Garnish with **cilantro leaves** and dig in!

