



SEP
2016

Charred Avocado Cavatappi with Green Onions, 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 green onions, this might be your new go-to easy pasta supper!

Prep: 25 min

level 1

Veggie



Cavatappi



Avocado



Green Onions



Feta Cheese



Garlic



Heirloom Cherry Tomatoes



Cilantro



Balsamic Vinegar

Ingredients

		2 People	4 People
Cavatappi	1)	1 pkg (170 g)	2 pkg (340 g)
Avocado		1	2
Green Onions		2	4
Garlic		2 cloves	4 cloves
Feta Cheese	2)	1 pkg (28 g)	2 pkg (56 g)
Heirloom Cherry Tomatoes		1 pkg (285 g)	2 pkg (570 g)
Cilantro		1 pkg (7 g)	2 pkg (14 g)
Balsamic Vinegar	3)	½ bottle (1 tbsp)	1 bottle (2 tbsp)
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites

Tools

Medium Pot, Strainer, Large Pan, Measuring Spoons, Measuring Cups

Ruler

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

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook the pasta: Bring a medium pot of **salted water** to a boil. Add the **cavatappi** and cook for 9-10 min, until al dente. Reserve **¼ cup pasta water** (double for 4 people.) Drain.

2 Prep: Meanwhile, **wash and dry all produce**. Halve and pit the **avocado**. Mince or grate the **garlic**. Thinly slice the **green onions**. Halve the **tomatoes**. Roughly chop the **cilantro**.



3 Heat a large pan over high heat. Add a drizzle of **oil**, then place the **avocado halves**, cut-side down, to the pan and cook 1-2 min, until the bottom is just golden and charred. Set aside on a plate.



4 Cook the veggies: Reduce the heat to medium. Add a drizzle of **oil** to the same pan. Add the **green onions** and **garlic** and cook 1-2 min, until softened and fragrant. Add the **tomatoes** and cook, stirring often, until softened, 4-6 min. Add a splash of reserved **pasta water** to help the **tomatoes** cook and make it slightly saucy.



5 Stir in the **vinegar** (**DO:** measure out), then the cooked **cavatappi**. Toss to combine. Season with **salt** and **pepper**.

6 Carefully peel the skin from the **avocado** halves, then thinly slice.

7 Finish and serve: Divide the **pasta** among bowls and top with the **avocado slices**. Sprinkle with **cilantro** and crumble some **feta** overtop. Enjoy!

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