



JUN  
2016



## Lemony Shrimp Linguine

with Roasted Red Pepper, Garlic, and Chili

Lemon, butter, and shrimp is one of our all-time favorite combinations. Amped up by garlic and spicy chili flakes, this is a dish made great by its simplicity. The addition of caramelized bell pepper adds a nice touch of sweetness. If your kids don't like spicy, simply add the chili flakes to the adult plates at the end!



Prep: 10 min  
Total: 30 min



level 1



nut free



make me first



Shrimp



Linguine



Garlic



Lemons



Parsley



Red Bell Peppers




Shallots



Chili Flakes

## Ingredients

		4 People
Shrimp	1)	20 oz
Linguine	2)	12 oz
Garlic		4 Cloves
Lemons		2
Parsley		½ oz
Red Bell Peppers		2
Shallots		2
Chili Flakes 		1 t
Butter*	3)	2 T
Olive Oil*		4 t

\*Not Included

## Allergens

1) Shellfish

2) Wheat

3) Milk

## Tools

Large pot, Zester, Large pan, Strainer

Ruler

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**Nutrition per person** Calories: 630 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 48 g | Carbs: 79 g | Sugar: 10 g | Sodium: 415 mg | Fiber: 8 g



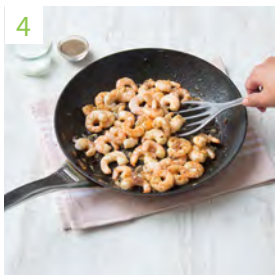
1

**1 Prep the ingredients: Wash and dry all produce.** Bring a large pot of **water** with a large pinch of **salt** to a boil. Mince or grate the **garlic**. Halve, peel, and mince the **shallots**. Finely chop the **parsley**. Zest and halve the **lemons**. Core, seed, and thinly slice the **bell peppers**.



2

**2 Cook the peppers:** Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **bell peppers** to the pan and cook, tossing for 6-7 minutes, until slightly caramelized. Season with **salt** and **pepper**. Remove from the pan and set aside.



4

**3 Cook the linguine:** Add the **linguine** to the boiling water and cook for 9-11 minutes, until al dente. Drain, reserving **¼ cup pasta water**.

**4 Cook the shrimp:** Meanwhile, heat another large drizzle of **olive oil** in the same pan over medium heat. Add the **shallot**, **garlic**, and as many **chili flakes** as you like to the pan. Cook, tossing for 2-3 minutes, until softened. Season with **salt** and **pepper**. Add the **shrimp** to the pan and cook, tossing, for another 2-3 minutes, until opaque. Season with **salt** and **pepper**.



5

**5 Toss:** Add the drained **linguine** to the pan along with the **red bell pepper**, reserved **pasta water**, **lemon zest**, a squeeze of **lemon juice**, and **2 Tablespoons butter**. Toss over medium heat for 1-2 minutes, until fully combined and heated through. Season with **salt** and **pepper**.

**6 Plate:** Serve the **lemony shrimp linguine** sprinkled with **parsley** and **chili flakes**, if desired. Enjoy!

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