



FEISTY SHRIMP LINGUINE

in Fra Diavolo Sauce



HELLO

FRA DIAVOLO

From the Italian for “brother devil,”
because it’s fiendishly spicy

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 540**



Yellow Onion



Oregano



Garlic



Chili Flakes



Diced Tomatoes



Linguine Pasta
(Contains: Wheat)



Shrimp
(Contains: Shellfish)

START STRONG

Try to avoid throwing the stems in with the oregano leaves. Not only are they tough and chewy, they don't contribute much flavor-wise.

BUST OUT

- Large pot
- Large pan
- Strainer
- Olive oil (1 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Oregano ¼ oz | ½ oz
- Garlic 2 Cloves | 4 Cloves
- Chili Flakes  1 tsp | 1 tsp
- Diced Tomatoes 1 Can | 2 Cans
- Linguine Pasta 6 oz | 12 oz
- Shrimp 10 oz | 20 oz

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1 PREP Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and dice **onion**. Pick leaves from **oregano**. Discard stems and finely chop leaves. Mince or grate **garlic**.



4 BOIL PASTA Once water is boiling, add **linguine** to pot. Cook until al dente, 9-11 minutes. Drain, reserving ¼ cup **cooking water**.



2 COOK AROMATICS Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **garlic, onion, half the oregano**, and a pinch of **chili flakes** (to taste). Cook until softened, about 5 minutes, tossing occasionally. Season with **salt** and **pepper**.



5 COOK SHRIMP Season **shrimp** with **salt** and **pepper**. Add to pan and stir into **tomato sauce**. Let shrimp cook until pink and completely opaque, 5-6 minutes.



3 MAKE TOMATO SAUCE Add **diced tomatoes** and ½ tsp **sugar** to pan. Reduce heat to medium-low and let simmer until thickened, about 10 minutes. Season with **salt** and **pepper**.



6 FINISH AND SERVE Toss **linguine** into pan, coating with sauce. Add a splash of **cooking water** if necessary, to give tomatoes a saucy consistency. Season with **salt** and **pepper**. Divide **linguine** and **shrimp** between plates. Sprinkle with remaining **oregano** and any additional **chili flakes**, if desired.

BRAVISSIMO!

Craving tomato sauce with a kick?
Well, speak of the devil...