



More than Food

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Garlic Shrimp Linguine with Roasted Red Pepper and Chili

Lemon, butter, and shrimp are one of our all-time favourite 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 for balance.



Prep:
30 min



level 1



nut
free



make me
first



Shrimp



Linguine



Garlic



Lemon



Parsley



Red Bell
Pepper



Shallot



Chili Flakes

Ingredients

	2 People	4 People
Shrimp	1) 1 pkg	2 pkgs
Linguine	2) 1 pkg	2 pkgs
Garlic	2 cloves	4 cloves
Lemon	1	2
Parsley	1 pkg	2 pkgs
Red Bell Pepper, sliced	1 pkg	2 pkgs
Shallot	1	2
Chili Flakes	1 pkg	1 pkg
Butter*	3) 1 tbsp	2 tbsp
Olive Oil*	1½ tbsp	3 tbsp

*Not Included

Allergens

- 1) Shellfish/
Fruits de mer
- 2) Wheat/ Blé
- 3) Milk/Lait

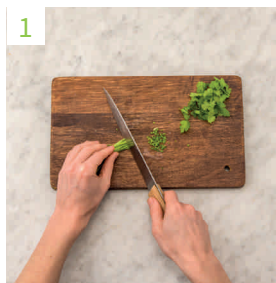
Tools

Large Pan, Large Pot,
Zester, Strainer

Ruler

0 in ¼ in ½ in ¾ in 1 in

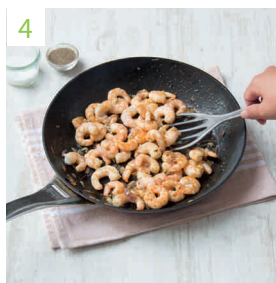
Nutrition per person Calories: 586 cal | Carbs: 79 g | Fat: 14 g | Protein: 42 g | Fiber: 8 g | Sodium: 327 mg



1 Prep: 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 finely chop the **shallot** into 1/4-inch pieces. Finely chop the **parsley**. Zest and halve the **lemon**. Remove tails from **shrimp**.



2 Cook the peppers: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **red bell pepper** to the pan and cook, tossing, 7-8 minutes, until slightly caramelized. Season with **salt** and **pepper**. Transfer to a plate.



3 Cook the pasta: Add the **pasta** to the boiling water and cook 8-9 minutes, until al dente. Drain, reserving **¼ cup pasta water** (or **½ cup** for 4 people.)

4 Cook the shrimp: Meanwhile, heat another drizzle of **oil** in the same pan over medium heat. Add the **shallot**, **garlic**, and as much **chili flake** as you dare (we used ¼ tsp) to the pan and cook, tossing, 2-3 minutes, until softened. Add the **shrimp** to the pan and cook, tossing, another 2-3 minutes, until they just start to turn a coral colour.



5 Add the drained **pasta** back to the pan along with the **red bell pepper**, **reserved pasta water**, **lemon zest**, a squeeze of **lemon**, and **1 tbsp butter** (or **2 tbsp** for 4 people). Toss over medium heat for 1-2 minutes, until fully combined and heated through. Season with **salt** and **pepper**.

6 Plate: Serve the **shrimp linguine** sprinkled with **parsley** and enjoy!