



# Smart Mexican Shrimp Skillet

with Avocado Salsa

Carb Smart    Calorie Smart    Quick    25 Minutes



Shrimp



Avocado



Cilantro



Zucchini



Green Bell Pepper



Roma Tomato



Mexican Seasoning



Red Onion



White Wine Vinegar



Garlic Salt

HELLO AVOCADO

*This fruit makes for a creamy, dreamy, green addition to all kinds of meals!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, strainer, large bowl, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Avocado	1	2
Cilantro	7 g	14 g
Zucchini	200 g	400 g
Green Bell Pepper	200 g	400 g
Roma Tomato	160 g	320 g
Mexican Seasoning	1 tbsp	2 tbsp
Red Onion	113 g	226 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
Oil*		

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## 1 Prep

Core, then cut **pepper** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ½-inch half-moons. Cut **tomatoes** into ¼-inch pieces. Roughly chop **cilantro**. Peel, then cut **onion** into ½-inch pieces. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **pepper**, **half the Mexican Seasoning** and **¼ tsp garlic salt** (dbl for 4 ppl).



## 4 Make avocado salsa

While **shrimp** cook, peel, core, then cut **avocado** into ¼-inch pieces. Add **tomatoes**, **avocado**, **vinegar**, **half the cilantro**, **remaining garlic salt** and **¼ tsp sugar** (dbl for 4 ppl) to a small bowl. Stir to combine. Season with **pepper**, then stir to combine.



## 2 Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers**, **onions** and **zucchini**. Cook, stirring occasionally, until tender-crisp, 5-6 min. Add **remaining Mexican Seasoning** and **½ tsp garlic salt** (dbl for 4 ppl). Cook, stirring occasionally, until coated, 1 min. Season with **pepper**. Transfer **veggies** to a large bowl and cover to keep warm.



## 5 Finish and serve

Divide **Mexican-spiced veggies** between bowls, then top with **shrimp**. Spoon **avocado salsa** over top. Sprinkle with **remaining cilantro**.

## Dinner Solved!



## 3 Cook shrimp

Add **1 tbsp oil** (dbl for 4 ppl), then **shrimp** to the same pan. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.\*\*