



# VEGAN CAJUN-SPICED MUSHROOM CAVATAPPI

with Coconut Tomato Sauce, Green Pepper & Scallions

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Button Mushrooms



1 | 2  
Long Green Pepper



2 Cloves | 4 Cloves  
Garlic



2 | 4  
Scallions



6 oz | 12 oz  
Cavatappi Pasta  
Contains: Wheat



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



1 TBSP | 2 TBSP  
Blackening Spice



13.76 oz | 27.52 oz  
Crushed Tomatoes



1 | 2  
Coconut Milk  
Contains: Tree Nuts



2 | 4  
Mushroom Stock Concentrates



1 | 2  
Veggie Stock Concentrate



1 tsp | 2 tsp  
Hot Sauce



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Shrimp  
Contains: Shellfish

Calories: 900



10 oz | 20 oz  
Chopped Chicken Breast

Calories: 950



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 760



HELLO





## COCONUT MILK

This plant-based milk is our secret weapon for creamy vegan pasta.

## FLOUR POWER

In Step 3, you'll add flour to the veggie mixture to help the sauce thicken. The flour contributes a wonderful toasty flavor, but can burn quickly. Keep an eye on it, and stir often while it cooks.


## BUST OUT

- Large pot
- Large pan
- Strainer
- Paper towels  
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)  
(1 tsp | 1 tsp)  
- Sugar (½ tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)

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 \*Shrimp are fully cooked when internal temperature reaches 145°.

 \*Chicken is fully cooked when internal temperature reaches 165°.



## 1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!). Core and thinly slice **green pepper** into strips. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens.




## 4 FINISH SAUCE

- Add **crushed tomatoes** to same pan and cook, stirring, until jammy, 2-3 minutes. Stir in **coconut milk** (shaking first), **stock concentrates**, ½ tsp sugar, and ¼ cup reserved **pasta cooking water** (1 tsp sugar and ½ cup pasta cooking water for 4 servings).
- Bring to a simmer; cook, stirring, until thickened, 2-3 minutes. Season with **salt and pepper**.





## 2 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve ¾ cup **pasta cooking water** (1 cup for 4 servings), then drain.
-  Rinse **shrimp\*** under cold water. Pat shrimp or **chicken\*** dry with paper towels. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken and season with **salt and pepper**; cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.





## 5 TOSS PASTA

- Stir **drained cavatappi** and a **drizzle of olive oil** into pan with **sauce**; toss to coat.
-  Add **shrimp** or **chicken** to **sauce**
-  along with **cavatappi**.



## 3 START SAUCE

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **mushrooms** and **green pepper**; cook, stirring occasionally, until browned and tender, 5-7 minutes. Season with **salt and pepper**.
- Stir in **garlic**, **scallion whites**, **flour**, **Blackening Spice**, and another **large drizzle of oil**; cook, stirring, until fragrant, 1-2 minutes.
-  Use pan used for shrimp or
-  chicken here.



## 6 FINISH & SERVE

- Divide **pasta** between bowls. Garnish with **scallion greens** and drizzle with as much **hot sauce** as you like. Serve.