



HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

2 PERSON | 4 PERSON

- Small pot
 - Paper towels
 - Strainer
 - Large pan
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp)



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



GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

CREAMY LEMON-GARLIC SHRIMP TORTELLONI

Peas & Asparagus

FAST & FRESH

BOX TO PLATE: 15 MINUTES



CALORIES: 700

1 PREP



6 oz | 12 oz
Asparagus



2 Cloves | 4 Cloves
Garlic



1 | 2
Lemon

- Wash and dry produce.
- Bring a small pot (medium pot for 4) of salted water to a boil.
- Trim and discard woody bottom ends from asparagus; cut crosswise into 1-inch pieces. Peel and mince or grate garlic. Quarter lemon.



3 SIZZLE



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 tsp | 2 tsp
Garlic Powder

- Rinse shrimp* under cold water, then pat dry.
- Drizzle oil in a hot large pan. Add shrimp, asparagus, and garlic powder; season with salt and pepper. Cook, stirring occasionally, until shrimp are opaque and cooked through and asparagus is tender, 3-4 minutes.
- In the last minute of cooking, add minced garlic; cook, stirring, until fragrant, 30-60 seconds.



2 BOIL



9 oz | 18 oz
Tortelloni
Contains: Eggs,
Milk, Wheat

- Once water is boiling, add tortelloni to pot. (TIP: Move on to the next step if the water is not boiling yet.) Cook until tender and floating to the top, 3-4 minutes.
- Reserve ½ cup pasta cooking water, then drain.



4 SERVE



4 oz | 8 oz
Peas



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk

- Add peas, cream sauce base, and juice from two lemon wedges (four wedges for 4). Reduce to a simmer; cook, stirring, until slightly thickened, 30 to 60 seconds more.
- Add drained tortelloni; stir to combine. If needed, stir in splashes of reserved pasta cooking water until everything is coated in a creamy sauce.
- Squeeze lemon juice over tortelloni and serve.



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