



# Carb Smart Mexican Shrimp Skillet

## with Avocado Salsa

Carb Smart

25 Minutes



Shrimp



Avocado



Cilantro



Zucchini



Green Bell Pepper



Baby Tomatoes



Mexican Seasoning



Red Onion



White Wine Vinegar



Garlic Salt

HELLO AVOCADO

*Creamy, dreamy and packed full of healthy fats and carbs!*

## Start here

Before starting, wash and dry all produce.

## Bust out

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

## 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
Baby Tomatoes	113 g	227 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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## 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. Halve **tomatoes**. Roughly chop **cilantro**. Peel, then cut **onion** into ½-inch pieces. 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).



## 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). Stir occasionally, until coated, 1 min. Season with **pepper**. Transfer to a large bowl and cover to keep warm.



## 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.\*\*



## 4 Make avocado salsa

While the **shrimp** cook, peel, core, then cut **avocado** into ¼-inch pieces. Add **tomatoes, avocados, 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**.



## 5 Finish and serve

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

## Dinner Solved!