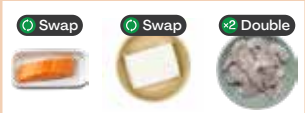




Smart Veggie-Loaded Shrimp Green Curry with Lime-Scented Couscous

Smart Meal 25 Minutes



Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca

Salmon Fillets, skin-on 250g | 500g Tofu 1 | 2 Shrimp 570g | 1140g



- Shrimp 285 g | 570 g
- Gai Lan 113 g | 226 g
- Green Curry Paste 2 tbsp | 4 tbsp
- Snow Peas 113 g | 227 g
- Coconut Milk 1 | 2
- Lime 1 | 2
- Carrot 1 | 2
- Cilantro 7 g | 14 g
- Couscous 1/2 cup | 1 cup

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, zester, vegetable peeler

1



Prep

- Before starting, wash and dry all produce.

- Peel, then cut **carrot** into ¼-inch half-moons.
- Cut bottom ½-inch from **gai lan**, then cut into 1-inch pieces.
- Trim **snow peas**.
- Roughly chop **cilantro**.
- Zest **lime**, then cut into wedges.

2



Prep shrimp

🔄 Swap | **Salmon Fillets**

🔄 Swap | **Tofu**

×2 Double | **Shrimp**

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



Cook couscous

- Add ⅓ **cup** (⅔ cup) **water**, **1 tsp** (2 tsp) **oil** and ⅛ **tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **carrot**, **snow peas** and **1 tbsp** (2 **tbsp**) **water**. Cook, stirring often, until tender-crisp, 1-3 min.
- Season with **salt** and **pepper**.

5



Make curry

🔄 Swap | **Tofu**

- Add **green curry paste** to the pan. Cook, stirring occasionally, until fragrant, 30 sec.
- Add **shrimp**, **gai lan**, **coconut milk** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until **curry** thickens slightly and **shrimp** are cooked through, 3-4 min.**
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Stir **lime zest** and **half the cilantro** into the **couscous**.
- Divide **couscous** between bowls.
- Top with **shrimp green curry**.
- Sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Prep salmon

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, pat dry with paper towels, then cut into 1-inch pieces. Cook **salmon** in the same way the recipe instructs you to cook the **shrimp****.

2 | Prep and cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** then **tofu**. Pan-fry, turning cubes occasionally, until crispy and golden-brown all over, 6-7 min. (**TIP:** For 4 ppl cook tofu in 2 batches, using 1 **tbsp oil** for each batch!) Transfer **tofu** to a plate. Use the same pan to cook **veggies** in step 4.

2 | Prep shrimp

×2 Double | **Shrimp**

If you've opted for **double shrimp**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of shrimp**. Work in batches, if necessary.

5 | Make curry

🔄 Swap | **Tofu**

Add **tofu** to **curry** along with **gai lan**, **coconut milk** and ¼ **cup** (½ cup) **water**. Follow the rest of the recipe as written.

** Cook shrimp and salmon to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.