



Smart Shrimp Curry

with Buttered Couscous

Smart Meal

Spicy

20 Minutes

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)



Swap



Salmon Fillets,
skin-on
250 g | 500 g

Swap



Tofu
1 | 2



Shrimp
285 g | 570 g



Garlic Powder
2 g | 4 g



Dal Spice Blend
6 g | 12 g



Curry Paste
2 tbsp | 4 tbsp



Tomato
2 | 4



Couscous
½ cup | 1 cup



Zucchini
1 | 2



Cilantro
7 g | 7 g



Cream Cheese
2 | 4

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.

Pantry items | Oil, salt, pepper, butter

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

1



Cook couscous

- Before starting, wash and dry all produce.
- To a medium pot, add $\frac{3}{4}$ cup (1 $\frac{1}{3}$ cups) **water**, **half the garlic powder**, **1 tbsp** (2 tbsp) **butter** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **salt**. Bring to a boil over high.
- Once boiling, stir in **couscous**. Remove the pot from heat, then cover and set aside for 5 min to rehydrate.

2



Prep

- [Swap](#) | [Tofu](#)
- Meanwhile, halve **zucchini** lengthwise, then cut into $\frac{1}{4}$ -inch half-moons.
- Roughly chop **cilantro**.
- Cut **tomatoes** into $\frac{1}{2}$ -inch pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



Cook shrimp

- [Swap](#) | [Tofu](#)
- [Swap](#) | [Salmon Fillets, skin-on](#)
- Heat a large non-stick pan over medium-high.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **shrimp**.
- Cook 2-3 min, stirring occasionally, until **shrimp** just turn pink.**
- Remove from heat. Transfer to a plate.

4



Start curry

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **tomatoes**. Cook 2-3 min, stirring often, until **tomatoes** start to break down.
- Add **zucchini**. Season with **salt** and **pepper**. Cook 3-4 min, stirring occasionally, until tender-crisp.
- Add **Dal Spice Blend**, **curry paste** and **remaining garlic powder**. Cook 30 sec, stirring often, until fragrant.

5



Finish curry

- Add **cream cheese** and $\frac{3}{4}$ **cup** (1 **cup**) **water**. Bring to a simmer, stirring often, until combined.
- Once simmering, add **shrimp**. Continue cooking for 1-2 min, stirring often, until warmed through and **sauce** thickens slightly.
- Season with **salt** and **pepper**. (**TIP**: If sauce tastes too acidic, add $\frac{1}{4}$ tsp [$\frac{1}{2}$ tsp] sugar!)

6



Finish and serve

- Add **half the cilantro** to the pot with **couscous**. Season with **salt** and **pepper**, then fluff with a fork.
- Divide **couscous** between bowls. Spoon **shrimp curry** over top.
- Sprinkle with **remaining cilantro**.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

[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 **tofu** the same way the recipe instructs you to season **shrimp**.

3 | Cook salmon

[Swap](#) | [Salmon Fillets, skin-on](#)

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Pan-fry for 3-5 min per side, until browned and cooked through.** Remove from heat. Transfer to a plate. Break **salmon** up into large pieces, removing and discarding skin. Continue the rest of the recipe as written.

3 | Cook tofu

[Swap](#) | [Tofu](#)

When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

** Cook shrimp and salmon to minimum internal temperatures of 165°F and 158°F, respectively.