



Carb Smart Moroccan-Style Shrimp Stew

with Zucchini, Feta and Almonds

Carb Smart

25 Minutes



Shrimp



Zucchini



Sweet Bell Pepper



Crushed Tomato with
Garlic and Onion



Moroccan Spice
Blend



Feta Cheese,
crumbled



Almonds, sliced



Baby Spinach



Ginger



Vegetable Broth
Concentrate

HELLO SHRIMP

Our shrimp are sourced sustainably to help preserve the health of our oceans!

Start here

Before starting, wash and dry all produce.

Bust out

Medium non-stick pan, strainer, large bowl, measuring cups, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomato with Garlic and Onion	370 ml	740 ml
Moroccan Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Almonds, sliced	28 g	56 g
Baby Spinach	56 g	113 g
Ginger	15 g	30 g
Vegetable Broth Concentrate	1	2
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 our meal kit labels for the most current allergen 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.

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1 Prep

Cut **zucchini** in half lengthwise, then cut into ¼-inch half-moons. Core, then cut **pepper** into ½-inch pieces. Peel, then mince or grate **half the ginger** (use all for 4 ppl).



2 Cook shrimp

Drain and rinse **shrimp** using a strainer, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. (**NOTE:** For 4 ppl, use a large pot.) When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer **shrimp** to a large bowl.



3 Cook veggies

Heat the same pan over medium. When hot, add ½ **tbsp oil** (dbl for 4ppl), then **zucchini** and **peppers**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Transfer **veggies** to the large bowl with **shrimp**.



4 Make stew

Add ½ **tbsp oil** (dbl for 4 ppl), then **ginger** and **Moroccan Spice Blend** to the same pan. Cook, stirring often, until fragrant, 30 sec. Add **crushed tomatoes**, **broth concentrate** and ¾ **cup water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 5-6 min. Stir in **shrimp and veggies** and **spinach**. Cook, stirring occasionally, until **spinach** wilts, 1-2 min.



5 Toast almonds

While **stew** simmers, heat a medium non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



6 Finish and serve

Divide **stew** between bowls. Sprinkle **feta** and **toasted almonds** over top.

Dinner Solved!