



Carb Smart Moroccan-Style Shrimp Stew with Zucchini, Feta and Almonds

Carb Smart

Quick

25 Minutes



Shrimp



Zucchini



Sweet Bell Pepper



Crushed Tomatoes



Moroccan Spice Blend



Feta Cheese, crumbled



Almonds, sliced



Baby Spinach



Ginger



Garlic Puree



Vegetable Broth Concentrate



All-Purpose Flour

HELLO MOROCCAN SPICE

This blend of North African spices is warm and aromatic!

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	796 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
Garlic Puree	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
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.

Contact

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1 Prep

Cut **zucchini** in half lengthwise, then into ½-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

Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. (**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 4 ppl), 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**, **garlic puree**, **flour** 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 **stew** thickens slightly, 5-6 min. Stir in **shrimp**, **veggies** and **spinach**. Cook, stirring occasionally, until **spinach** wilts, 1-2 min.



5 Toast almonds

While **stew** cooks, 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!