



Creamy Sun-Dried Tomato Pesto Shrimp

with Sweet Peppers and Pearl Couscous

Family Friendly

Quick

20-30 Minutes



Shrimp



Garlic, cloves



Sun-Dried Tomato Pesto



Cream



Pearl Couscous



Sweet Bell Pepper



Cream Cheese



Yellow Onion



Cream Sauce Spice Blend

HELLO SUN-DRIED TOMATO PESTO

This pesto gets its natural sweetness from sun-dried tomatoes!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Garlic, cloves	2	4
Sun-Dried Tomato Pesto	¼ cup	½ cup
Cream	56 ml	113 ml
Pearl Couscous	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Cream Cheese	2 tbsp	4 tbsp
Yellow Onion	56 g	113 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	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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Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt and pepper**.



Make sauce

- Add **pesto, cream cheese** and **reserved couscous water** to the pan with **veggies**. Cook, stirring often, until **cheese** is melted and **sauce** thickens slightly, 2-3 min.
- Reduce heat to medium.
- Add **shrimp** and **cream**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove from heat.



Cook couscous

- Add **couscous** to the **boiling water**. Reduce heat to medium. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Reserve **½ cup couscous water** (dbl for 4 ppl), then drain and return **couscous** to the same pot, off heat.
- Add **1 tbsp butter** (dbl for 4 ppl), then stir to coat.



Finish and serve

- Season **couscous** with **salt** and **pepper**, to taste.
- Divide **couscous** between plates. Top with **sun-dried tomato pesto shrimp**.

Dinner Solved!



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **garlic** and **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.