



Smart Moroccan Shrimp

with Herby Yogurt Dressing and Couscous

Calorie Smart

Carb Smart

30 Minutes



Shrimp



Moroccan Spice Blend



Parsley



Roma Tomato



Couscous



Shallot



Garlic, cloves



Zucchini



Sweet Bell Pepper



Greek Yogurt



Cilantro



Crispy Shallots

HELLO MOROCCAN SPICE

This blend of North African spices is warm and aromatic!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Roma Tomato	160 g	320 g
Couscous	¼ cup	½ cup
Shallot	50 g	100 g
Garlic, cloves	3	6
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	14 g
Crispy Shallots	14 g	28 g
Sugar*	1 tsp	2 tsp
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

Roughly chop **parsley** and **cilantro**. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**. Core, then cut **pepper** into ¼-inch pieces. Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons. Cut **tomatoes** into ¼-inch pieces.



Cook veggies

Reheat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots, garlic, peppers, tomatoes** and **Moroccan Spice Blend**. Season with **salt** and **pepper**, then cook, stirring often, until tender, 4-5 min. Add **zucchini** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **zucchini** is tender-crisp, 2-3 min. Stir in **shrimp**, then remove the pan from heat.



Make couscous

Add **½ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove the pot from heat, then add **half the couscous** (use all for 4 ppl). Stir to combine. Cover and let stand for 5 min. When **couscous** is tender, fluff with a fork. Cover and set aside.



Make herby yogurt dressing

While **veggies** cook, add **yogurt, parsley, cilantro, 1 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook shrimp

While **couscous** cooks, 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-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ** Transfer to a plate and cover to keep warm.



Finish and serve

Divide **couscous** between plates. Spoon **veggies and shrimp** over top. Drizzle with **herby yogurt dressing**. Sprinkle **half the crispy shallots** (use all for 4 ppl) over top. (TIP: Save remaining crispy shallots for a future creation!)

Dinner Solved!