



Smart Shrimp Curry

with Buttered Couscous

Calorie Smart

Carb Smart

Quick

25 Minutes



Shrimp



Garlic Powder



Indian Spice Mix



Mild Curry Paste



Roma Tomato



Couscous



Zucchini



Cilantro



Cream Cheese

HELLO CREAM CHEESE

This versatile soft cheese is great for both sweet and savoury applications!

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 Powder	1 tsp	2 tsp
Indian Spice Mix	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Roma Tomato	160 g	320 g
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Cilantro	7 g	7 g
Cream Cheese	43 g	86 g
Unsalted Butter*	2 tbsp	4 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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Cook couscous

- Add **half the garlic powder**, **⅔ cup water**, **1 tbsp butter** and **⅛ tsp salt** (dbl all 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 **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Start curry

- Heat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **tomatoes**. Cook, stirring often, until **tomatoes** start to break down, 3-4 min.
- Add **Indian Spice Mix**, **curry paste** and **remaining garlic powder**. Cook, stirring constantly, until fragrant, 30 sec.



Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Roughly chop **cilantro**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half moons.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



Finish curry

- Add **cream cheese** and **¾ cup water** (dbl for 4 ppl) to the pan with **tomatoes**. Bring to a simmer over medium-high, stirring often, until smooth.
- Once simmering, add **zucchini**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 3-4 min.
- Add **shrimp**, then stir until warmed through. Season with **salt** and **pepper**, to taste. (**TIP:** If sauce is too acidic, add ¼ tsp sugar!)



Cook shrimp

- 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.**
- Remove the pan from heat. Transfer **shrimp** to a plate.
- Carefully wipe the pan clean.



Finish and serve

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

Dinner Solved!