



MAY
2016

Shrimp Saganaki

with Spicy Marinara, Feta, and Israeli Couscous

Greek food has so much more to offer than just gyros and tzatziki. Introducing bold and flavorful shrimp saganaki! In this dish, tender shrimp are layered with spicy tomato sauce, olives, and tangy Feta cheese.



Prep: 5 min
Total: 30 min



level 1



nut
free



make me
first



Shrimp



Onion



Crushed Tomatoes



Garlic



Chili Flakes



Feta Cheese



Parsley



Israeli Couscous



Green Olives

Ingredients

	2 People	4 People
Shrimp	10 oz	20 oz
Onion	1	2
Garlic	2 Cloves	4 Cloves
Crushed Tomatoes	1 Box	2 Boxes
Chili Flakes 	1 t	1 t
Feta Cheese	½ Cup	1 Cup
Parsley	¼ oz	½ oz
Israeli Couscous	¾ Cup	1 ½ Cup
Green Olives	1 oz	2 oz
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Shellfish

2) Milk

3) Wheat

Tools

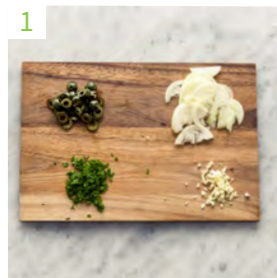
Large pot, Large pan,
Strainer

Ruler

0 in ¼ in ½ in 1 in

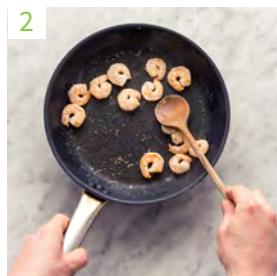
Nutrition per person Calories: 555 cal | Fat: 14 g | Sat. Fat: 5 g | Protein: 37 g | Carbs: 76 g | Sugar: 10 g | Sodium: 1847 mg | Fiber: 6 g

1



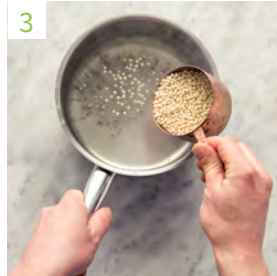
1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a simmer. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Finely chop the **parsley**. Thinly slice the **olives**.

2



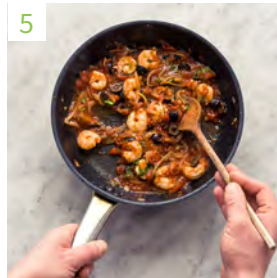
2 Cook the shrimp: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **shrimp** with **salt** and **pepper**. Add the shrimp to the pan and cook, tossing for 1-2 minutes, until almost cooked through. Remove from the pan and set aside.

3



3 Cook the Israeli couscous: Add the **Israeli couscous** to the boiling water and cook for 8-10 minutes, until al dente. Drain.

5



4 Make the marinara sauce: Heat another drizzle of **olive oil** in the same pan over medium heat. Add the **garlic**, **onion**, and a pinch of **chili flakes** (to taste) and cook, tossing for 4-5 minutes, until softened. Add the **tomatoes** and **olives** and simmer for 5 minutes. Season to taste with **salt** and **pepper**.

5 Add the shrimp: Stir the **shrimp** and **half the parsley** into the **sauce** and cook for 1-2 minutes, until the shrimp are opaque. Season to taste with **salt**, **pepper**, and **chili flakes**, if desired.

6 Plate and serve: Serve the **shrimp saganaki** on a bed of **Israeli couscous**, garnish with the **feta** and remaining **parsley**. Enjoy!

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