



JUL
2016

Spiced Shrimp

with Israeli Salad and Lemon-Mint Yogurt Sauce

Enjoy a taste of Israel without ever leaving your kitchen thanks to this hearty shrimp salad featuring crisp cucumbers, pearly couscous, and a drizzle of tangy yogurt sauce. Not in the mood to crack open the oven? Make some skewers and toss 'em on the grill instead!



Prep: 15 min
Total: 30 min



level 1



nut free



Shrimp



Israeli Couscous



Red Onions



Mint



Persian Cucumbers



Roma Tomatoes



Plain Yogurt



Lemons




Southwest Seasoning



Skewers (optional)

Ingredients

| | | |
|-------------------------------------------------------------------------------------------------------|----|-------|
| Shrimp | 1) | 20 oz |
| Israeli Couscous | 2) | 1 Cup |
| Red Onions | | 2 |
| Mint | | ½ oz |
| Persian Cucumbers | | 2 |
| Roma Tomatoes | | 4 |
| Lemons | | 2 |
| Plain Yogurt | 3) | 1 |
| Southwest Seasoning  | | 2 T |
| Skewers (optional) | | 8 |
| Olive oil* | | 4 t |

4 People

*Not Included

Allergens

1) Shellfish

2) Wheat

3) Milk

Tools

Small pot, Zester,
Small bowl, Medium bowl,
Baking sheet

Ruler

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Nutrition per person Calories: 408 cal | Fat: 7 g | Sat. Fat: 1 g | Protein: 31 g | Carbs: 64 g | Sugar: 12 g | Sodium: 1034 mg | Fiber: 9 g



1 Prep and cook the couscous: Wash and dry all produce. Heat the broiler (or grill!) to high or oven to 500 degrees. Soak the **skewers** in water, if using. Halve, peel, and finely dice **1 onion**. Halve, peel, and cut the other **onion** into 1-inch cubes. Heat a large drizzle of **olive oil** in small pot over medium heat. Add **1/2 cup diced onion** and **couscous** to the pot. Cook, tossing, for 2-3 minutes, until the onion softens. Add **4 cups water** to the pot and bring to a boil. Reduce to a low simmer for 15 minutes, until water is absorbed. Remove from the heat and cover to keep warm.

2 Prep the remaining ingredients: Meanwhile, finely dice the **cucumbers**. Core, seed, and finely dice **2 tomatoes**. Core, seed, and cut the other **2 tomatoes** into 1-inch cubes. Zest and halve the **lemons**. Finely chop the **mint leaves**.

3 Make the lemon-mint yogurt sauce: In a small bowl, combine the **yogurt**, **half the lemon zest**, a **squeeze of lemon juice**, and **half the mint**. Season with **salt** and **pepper**.

4 Make the Israeli salad: In a medium bowl, combine the **cucumber**, **diced tomato**, remaining **diced onion**, **lemon zest**, and **mint**. Stir in a squeeze of **lemon** and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

5 Broil the shrimp and veggies: Toss the **shrimp**, **cubed onion**, and **cubed tomato** on a baking sheet. Season with the **Southwest seasoning**, **salt**, and **pepper**. Broil 5-6 minutes, turning once, until lightly charred. **TIP:** You can thread the shrimp and veggies onto skewers and throw them on the grill, too!

6 Finish and plate: Stir the **Israeli salad** into the cooked **couscous**. Season with **salt** and **pepper**. Serve the **shrimp** and **veggies** on a bed of **couscous salad** and drizzle with **yogurt sauce**. Enjoy!

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