



GARLICKY SHRIMP COUSCOUS BOWLS

with Chili-Roasted Broccoli & Fresh Parsley

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli Florets



2 Cloves | 4 Cloves
Garlic



¼ oz | ¼ oz
Parsley



1 | 2
Lemon



1 tsp | 1 tsp
Chili Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



10 oz | 20 oz
Shrimp
Contains: Shrimp



1 tsp | 2 tsp
Garlic Powder



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HELLO

ISRAELI COUSCOUS

This tiny toasted pasta (also known as pearly couscous) has a nutty taste and a fun, springy texture.



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 490



THE RIGHT FLUFF

A fork is the ideal tool for gently fluffing the couscous—the utensil helps you separate the pearls, preserving their texture.

BUST OUT

- Baking sheet
- Paper towels
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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*Shrimp are fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Peel and mince or grate **garlic**. Finely chop **parsley**. Quarter **lemon**.



2 ROAST BROCCOLI

- Toss **broccoli** on a baking sheet with a **drizzle of olive oil**, **½ tsp chili flakes** (¾ tsp for 4 servings) (**use less if you prefer less heat**), **salt**, and **pepper**. Roast on top rack until browned and tender, 12-15 minutes.



3 START COUSCOUS

- Meanwhile, heat a **drizzle of olive oil** in a small pot over medium-high heat. Add **half the garlic**; cook until fragrant, 30 seconds. Stir in **couscous**, **stock concentrate**, **¾ cup water** (**1½ cups for 4 servings**), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



4 COOK SHRIMP

- While couscous cooks, rinse **shrimp*** under cold water; pat dry with paper towels. Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add shrimp, **garlic powder**, **salt**, and **pepper**. Cook until shrimp are pink and almost cooked through, 3-4 minutes. Add **2 TBSP water** (**3 TBSP for 4 servings**); cook, stirring and scraping up any browned bits from bottom of pan, until water has evaporated, 1-2 minutes.
- Reduce heat to medium; add **1 TBSP butter** (**2 TBSP for 4**), **remaining garlic**, and a **pinch of chili flakes**. Cook, stirring, until shrimp are cooked through and garlic is fragrant, 1-2 minutes more.
- Remove pan from heat; toss shrimp with **half the parsley** and **juice from half the lemon**.



5 FINISH COUSCOUS

- Fluff **couscous** with a fork; stir in **remaining parsley**, a **squeeze of lemon juice**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.



6 SERVE

- Divide **couscous** between bowls. Top with **shrimp** and **broccoli**. Spoon any **remaining garlic butter** from pan over shrimp. Serve with a **squeeze of lemon juice**.