



Harissa Spiced Prawns

with Chickpeas Couscous and Dukkah

EXTRA RAPID 10 Minutes

N° 12



Moroccan Medley Couscous



Red Onion



Dill



Lemon



Chickpeas



Baby Plum Tomatoes



King Prawns



Harissa Paste



Greek Yoghurt



Dukkah

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Mixing Bowl, Clingfilm, Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Moroccan Medley Couscous 13)	1 sachet	2 sachets	2 sachets
Water for Couscous*	160ml	320ml	320ml
Red Onion**	1	1	1
Dill**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Chickpeas	1	1½	2
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
King Prawns 5)**	180g	250g	360g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Greek Yoghurt 7)**	75g	100g	150g
Dukkah 1) 2) 3) 10)	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	2477 / 592	475 / 113
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	61	12
Sugars (g)	17	3
Protein (g)	33	6
Salt (g)	4.38	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **5)** Crustaceans **7)** Milk
10) Celery **13)** Gluten

Wash your hands before and after handling ingredients.
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



1. Couscous and Prep

- Fill and boil your kettle. Put the **couscous** in a bowl.
- Pour the boiling **water** for the **couscous** (see ingredients for amount) into the bowl, cover tightly with cling film. Leave to the side for 5 mins or until ready to serve.
- Meanwhile, halve, peel and thinly slice the **red onion**.
- Roughly chop the **dill** (stalks and all).
- Halve the **lemon**. Drain and rinse the **chickpeas**.

2. Cook

- Heat a splash of **oil** in a large frying pan over high heat.
- When hot, add the **red onion**, **tomatoes** and **chickpeas**. Cook for 2 mins.
- Add the **prawns** and cook for another 2 mins.
- Add the **harissa paste**, lower the heat to medium and stir to coat the ingredients. Bubble for an extra 2-3 mins until the **prawns** are cooked through, then remove from the heat. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

3. Serve

- Fluff up the **couscous** and stir through **half** the **dill** and a squeeze of **lemon**.
- Cut the remaining **lemon half** into wedges.
- Share between your bowls and top with the **prawn mixture**.
- Finish with a dollop of **yoghurt**, the remaining **dill**, the **dukkah** and a **lemon wedge**.

Enjoy!