



Smart Moroccan-Style Shrimp

with Cilantro Yogurt Dressing and Couscous

Calorie Smart

Carb Smart

30 Minutes



Shrimp



Harissa Spice Blend



Roma Tomato



Couscous



Shallot



Garlic, cloves



Zucchini



Sweet Bell Pepper



Greek Yogurt



Cilantro



Crispy Shallots



Vegetable Broth Concentrate



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HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Harissa Spice Blend	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Couscous	¼ cup	½ cup
Shallot	50 g	100 g
Garlic, cloves	3	6
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	14 g
Crispy Shallots	14 g	28 g
Vegetable Broth Concentrate	1	2
Sugar*	1 tsp	2 tsp
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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Prep

- Roughly chop **cilantro**.
- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ¼-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Cut **tomatoes** into ¼-inch pieces.



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots, garlic, peppers, tomatoes** and **Harissa Spice Blend**. Season with **salt and pepper**. Cook, stirring often, until tender, 4-5 min.
- Add **zucchini** and **½ cup water** (dbl for 4 ppl). Cook, stirring often, until **zucchini** is tender-crisp, 2-3 min.
- Stir in **shrimp**, then remove the pan from heat.



Make couscous

- Add **broth concentrate, ¾ cup water** and **½ tsp salt** (dbl both 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 **half the couscous** (use all for 4 ppl). Stir to combine. Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork. Cover and set aside.



Make herby yogurt dressing

- Meanwhile, add **yogurt, cilantro, 2 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small bowl.
- Season with **salt and pepper**, then stir to combine.



Cook shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt and pepper**.
- 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.**
- Transfer to a plate, then cover to keep warm.



Finish and serve

- Divide **couscous** between plates. Top with **veggies and shrimp**.
- Spoon **herby yogurt dressing** over top.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) over top. (**TIP:** Save any remaining crispy shallots for a future creation!)

Dinner Solved!