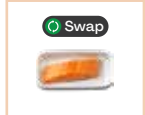




Creamy Sun-Dried Tomato Pesto Shrimp

with Sweet Peppers and Pearl Couscous

Family Friendly 20-30 Minutes



Salmon Fillets
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Garlic, cloves
2 | 4



Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup



Cream
56 ml | 113 ml



Pearl Couscous
3/4 cup | 1 1/2 cup



Sweet Bell Pepper
1 | 2



Cream Cheese
1 | 2



Yellow Onion
1 | 1



Cream Sauce Spice Blend
1 tbsp | 2 tbsp

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.

Pantry items | Salt, unsalted butter, pepper, oil

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer

1



Prep

• Before starting, wash and dry all produce.

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

4



Make sauce

- Add **pesto**, **cream cheese** and **reserved couscous water** to the pan with **veggies**. Cook, stirring often, until **cheese** is melted and **sauce** thickens slightly, 2-3 min.
- Reduce heat to medium.
- Add **shrimp** and **cream**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove from heat.

2



Cook couscous

- Add **couscous** to the **boiling water**. Reduce heat to medium. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Reserve **½ cup** (1 cup) **couscous water**, then drain and return **couscous** to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**, then stir to coat.

5



Finish and serve

- Season **couscous** with **salt** and **pepper**, to taste.
- Divide **couscous** between plates. Top with **sun-dried tomato pesto shrimp**.

3



Cook veggies

🔄 Swap | **Salmon Fillets**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions** and **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **garlic** and **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook salmon

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.** Transfer to plate. Carefully, remove and discard skin, if desired. Follow recipe as indicated.

** Cook shrimp and salmon to a minimum internal temperature of 74°C/165°F and 71°C/160°F, as size may vary.