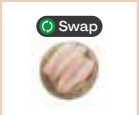




# Smart Moroccan-Style Shrimp

## with Cilantro-Yogurt Dressing and Couscous

Smart Meal 25 Minutes



Tilapia

300 g | 600 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



Couscous  
¼ cup | ½ cup



Zucchini  
1 | 2



Tomato  
2 | 4



Sweet Bell Pepper  
1 | 2



Shallot  
1 | 2



Cilantro  
7 g | 14 g



Garlic, cloves  
2 | 4



Greek Yogurt  
1 | 2



Crispy Shallots  
28 g | 28 g



Vegetable Stock Powder  
1 tbsp | 1 tbsp



Moroccan 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, oil, pepper, sugar

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

1



## Prep

• Before starting, wash and dry all produce.

- 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.

2



## Make couscous

- Add **half the stock powder** (use all for 4 ppl) and **⅓ cup** (⅔ cup) **water** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, remove from heat, then add **half the couscous** (use all for 4 ppl).
- Stir to combine. Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork. Cover and set aside.

3



## Cook shrimp

🔄 Swap | Tilapia

- 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** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Transfer to a plate, then cover to keep warm.

4



## Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **shallots, garlic, peppers, tomatoes** and **Moroccan Spice Blend**.
- Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender, 4-5 min.
- Add **zucchini** and **⅓ cup** (⅔ cup) **water**. Cook, stirring often, until **zucchini** is tender-crisp, 2-3 min. (**NOTE:** If liquid absorbs too quickly, add additional water, 1-2 tbsp at a time, as needed.)
- Stir in **shrimp**. Remove the pan from heat.

5



## Make cilantro-yogurt dressing

- Meanwhile, roughly chop **cilantro**.
- Add **yogurt, cilantro, 2 tbsp** (4 tbsp) **water** and **½ tsp** (1 tsp) **sugar** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



## Finish and serve

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

Measurements  
within steps

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

## 3 | Cook tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, pat dry and cut into 1 ½-inch pieces. Cook **tilapia** in the same way the recipe instructs you to cook the **shrimp**\*\*.

\*\* Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.