

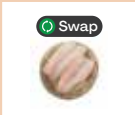


# Smart Shrimp Curry with Buttered Couscous

Smart Meal

Spicy

20 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
- Garlic Powder  
1 tsp | 2 tsp
- Dal Spice Blend  
1 tbsp | 2 tbsp
- Curry Paste  
2 tbsp | 4 tbsp
- Tomato  
2 | 4
- Couscous  
½ cup | 1 cup
- Zucchini  
1 | 2
- Cilantro  
7 g | 7 g
- Cream Cheese  
2 | 4

**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** | Oil, unsalted butter, salt, pepper

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

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### Cook couscous

- Before starting, wash and dry all produce.

- Add **half the garlic powder**,  $\frac{2}{3}$  cup (1  $\frac{1}{3}$  cups) **water**, **1 tbsp** (2 tbsp) **butter** and  $\frac{1}{4}$  tsp (½ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

2



### Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into  $\frac{1}{4}$ -inch half-moons.
- Roughly chop **cilantro**.
- Cut **tomatoes** into  $\frac{1}{2}$ -inch pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



### Cook shrimp

Swap | Tilapia

- Heat a large non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **shrimp**.
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove from heat. Transfer to a plate.

4



### Start curry

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **tomatoes**. Cook, stirring often, until **tomatoes** start to break down, 2-3 min.
- Add **zucchini**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **Dal Spice Blend**, **curry paste** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.

5



### Finish curry

- Add **cream cheese** and  $\frac{2}{3}$  cup (1 cup) **water**. Bring to a simmer, stirring often, until combined.
- Once simmering, add **shrimp**. Continue cooking, stirring often, until warmed through and **sauce** thickens slightly, 1-2 min.
- Season with **salt** and **pepper**. (**TIP**: If sauce is too acidic, add  $\frac{1}{4}$  tsp [ $\frac{1}{2}$  tsp] sugar!)

6



### Finish and serve

- Add **half the cilantro** to the pot with **couscous**. Season with **salt** and **pepper**, then fluff with a fork.
- Divide **couscous** between bowls. Spoon **shrimp curry** over top.
- Sprinkle with **remaining cilantro**.

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**, cook until **tilapia** turns opaque and is cooked through, 2-3 min per side.\*\* Follow the rest of the recipe as written.

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