



SuperQuick Shrimp Couscous Bowls with Mint Yogurt

Spicy

10 Minutes

Swap



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
½ cup | 1 cup



Yellow Onion,
chopped
56 g | 113 g



Curry Paste
2 tbsp | 4 tbsp



Middle Eastern
Seasoning
1 tbsp | 2 tbsp



Greek Yogurt
1 | 2



Sweet Bell
Pepper
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Tomato Sauce
Base
2 tbsp | 4 tbsp



Cilantro
7 g | 14 g

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, sugar, salt, pepper

Cooking utensils | Colander, large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl

1



Prep

- Wash and dry all produce.

- Core, then cut **pepper** into ¼-inch small pieces.
- Add **yogurt**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.

2



Cook couscous

- Add **⅔ cup** (1 ⅓ cups) **water** and **⅛ tsp** (¼ 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 for 5 min.

3



Cook shrimp and veggies

Swap | Tilapia

- Meanwhile, drain, rinse then pat **shrimp** dry with paper towels.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions** and **peppers**. Cook, stirring occasionally, until **veggies** are tender crisp, 2-3 min.
- Add **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**

4



Finish shrimp and veggies

- Add **Middle Eastern Seasoning**, **garlic puree**, **curry paste**, **tomato sauce base** and **½ cup** (1 cup) **water** to the pan.
- Cook stirring often, until combined, 1-2 min. Season with **salt** and **pepper**.

5



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the **couscous**, then season with **salt** and fluff with a fork.
- Divide **couscous** between plates.
- Top with **shrimp** and **veggies**.
- Dollop **yogurt sauce** over top.
- Tear **cilantro leaves** over top.

Measurements
within steps

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

3 | Cook tilapia and veggies

Swap | Tilapia

If you've opted to get **tilapia**, pat dry with paper towels then cut into 2-inch pieces. Cook **tilapia** in the same way the recipe instructs you to cook the **shrimp****.

** Cook seafood and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.