



Smart and Saucy Sweet Pepper Shrimp

with Herbed Couscous

Smart Meal

25 Minutes

Customized Protein

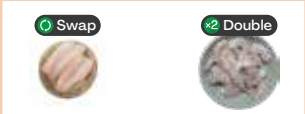
+ Add

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](http://www.hellofresh.ca)



Tilapia
300 g | 600 g



Shrimp
570 g | 1140 g



Shrimp
285 g | 570 g



Couscous
1/2 cup | 1 cup



Baby Spinach
28 g | 56 g



Parsley
7 g | 14 g



Red Onion
1 | 2



Zucchini
1 | 2



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Roasted Pepper Pesto
1/2 cup | 1 cup



Cream Cheese
1 | 2



Garlic Salt
1 tsp | 2 tsp



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 | Unsalted butter, oil, salt, pepper

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

1



Cook couscous

• Before starting, wash and dry all produce.

- Add **half the garlic salt, 1 tbsp** (2 tbsp) **butter** and $\frac{3}{4}$ **cup** (1 $\frac{1}{3}$ cups) **water** to a small 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. When **couscous** is tender, fluff with a fork.

2



Prep

- Halve **zucchini** lengthwise, then cut into $\frac{1}{4}$ -inch half-moons.
- Peel, then cut **onion** into $\frac{1}{4}$ -inch slices.
- Roughly chop **parsley**.

3



Cook veggies

🔄 Swap | Tilapia

- Heat a large non-stick pan over medium-high.
- When hot add **1 tbsp** (2 tbsp) **oil**, then **zucchini** and **onions**. Season with **remaining garlic salt** and **pepper**. Cook, stirring often until tender-crisp, 4-6 min.
- Transfer **veggies** to a plate and wipe out pan.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

4



Cook shrimp

×2 Double | Shrimp

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 30 sec. Add **shrimp**. Sprinkle **Smoked Paprika-Garlic Blend** over top.
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Add **cream cheese, pesto, veggies** and $\frac{1}{2}$ **cup** ($\frac{3}{4}$ cup) **water**. Stir to mix.
- Cook, stirring often until **sauce** is simmering and thickens slightly, 1-2 min.

5



Finish and serve

- Remove pan from heat. Add **spinach**. Stir until wilted, 30 sec. Season to taste with **salt** and **pepper**. (TIP: For a lighter sauce consistency, add water, 1-2 tbsp at a time, if desired.)
- Stir **half the parsley** into **couscous**.
- Divide **couscous** between bowls.
- Top with **shrimp, veggies** and **any remaining sauce** in the pan.
- Sprinkle **remaining parsley** over top.

Measurements
within steps

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

3 | Cook veggies

🔄 Swap | Tilapia

If you've opted to get **tilapia**, pat dry with paper towels and cut into 1 $\frac{1}{2}$ -inch pieces. Cook in the same way the recipe instructs you to cook the **shrimp**, increasing cook time to 3-4 min,** until **tilapia** turns opaque.

4 | Cook shrimp

×2 Double | Shrimp

If you've opted for **double shrimp**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of shrimp**. Work in batches, if necessary.

** Cook shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and cook tilapia to a minimum internal temperature of 70°C/158°F.