



# Smart Shrimp Curry with Buttered Couscous

Smart Meal

Spicy

20 Minutes

Customized Protein

+ Add

Swap



or

x2 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)



 Swap	 Swap
	
Tilapia	Tofu
300 g   600 g	1   2

	
Shrimp	Garlic Powder
285 g   570 g	1 tsp   2 tsp

	
Dal Spice Blend	Curry Paste
1 tbsp   2 tbsp	2 tbsp   4 tbsp

	
Tomato	Couscous
2   4	½ cup   1 cup

	
Zucchini	Cilantro
1   2	7 g   7 g

	
Cream Cheese	
1   2	

**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.*

Ingredient quantities	56 g   113 g
	2 person   4 person

Pantry items | Oil, butter, salt, pepper

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

1



### Cook couscous

• Before starting, wash and dry all produce.

- To a medium pot, add  $\frac{3}{4}$  cup (1  $\frac{1}{3}$  cups) **water**, **half the garlic powder**, **1 tbsp** (2 tbsp) **butter** and  $\frac{1}{4}$  tsp (½ tsp) **salt**. Bring to a boil over high.
- Once boiling, stir in **couscous**. Remove the pot from heat, then cover and set **couscous** aside for 5 min to rehydrate.

2



### Prep

🔄 Swap | Tofu

- 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 | Tofu

🔄 Swap | Tilapia

- Heat a large non-stick pan over medium-high.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **shrimp**.
- Cook 2-3 min, stirring occasionally, until **shrimp** just turn pink.\*\*
- 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 3-4 min, stirring occasionally, until tender-crisp.
- Add **Dal Spice Blend**, **curry paste** and **remaining garlic powder**. Cook 30 sec, stirring often, until fragrant.

5



### Finish curry

- Add **cream cheese** and  $\frac{3}{4}$  cup (1 cup) **water**. Bring to a simmer, stirring often, until combined.
- Once simmering, add **shrimp**. Continue cooking for 1-2 min, stirring often, until warmed through and **sauce** thickens slightly.
- Season with **salt** and **pepper**. (**TIP**: If sauce is too acidic, add  $\frac{1}{4}$  tsp [½ 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-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 2 | Prep

🔄 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season **shrimp**.

### 3 | Cook tofu

🔄 Swap | Tofu

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

### 3 | Cook tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, pat **tilapia** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then add **tilapia**. Pan-fry for 3-4 min per side, until **tilapia** is cooked through.\*\*

\*\* Cook shrimp and fish to minimum internal temperatures of 165°F and 158°F, respectively.