



# Creamy Sun-Dried Tomato Pesto Shrimp

## with Sweet Peppers and Pearl Couscous

Family Friendly 25 - 35 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



Salmon Fillets, skin-on  
250 g | 500 g

Double



Shrimp  
570 g | 1140 g



Shrimp  
285 g | 570 g



Garlic, cloves  
2 | 4



Sun-Dried Tomato Pesto  
1/4 cup | 1/2 cup



Cream  
56 ml | 113 ml



Pearl Couscous  
3/4 cup | 1 1/2 cups



Sweet Bell Pepper  
1 | 2



Cream Cheese  
1 | 2



Yellow Onion  
1 | 1



Cream Sauce 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.*

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

**Pantry items** | Salt, butter, pepper, oil

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

1



## Prep

- Before starting, wash and dry all produce.

Swap | **Salmon Fillets, skin-on**

- To a medium pot, add **6 cups water** and **1 tsp salt** (use same for 4 servings). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **half the onion** into ½-inch pieces (use whole onion for 4 servings).
- Peel, then mince or grate **garlic**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

4



## Make sauce

Swap | **Salmon Fillets, skin-on**

\*2 Double | **Shrimp**

- To the pan with **veggies**, add **pesto**, **cream cheese** and **reserved couscous water**. Cook for 2-3 min, stirring often, until **cheese** is melted and **sauce** thickens slightly.
- Reduce heat to medium.
- Add **shrimp** and **cream**. Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.\*\*
- Remove from heat.

2



## Cook couscous

- Add **couscous** to the boiling water. Reduce heat to medium. Cook for 6-8 min, uncovered, stirring occasionally, until tender.
- Reserve ½ **cup** (1 cup) **couscous water**, then drain and return **couscous** to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**, then stir to coat.

5



## Finish and serve

Swap | **Salmon Fillets, skin-on**

- Season **couscous** with **salt** and **pepper**, to taste.
- Divide **couscous** between plates. Top with **sun-dried tomato pesto shrimp**.

3



## Cook veggies

Swap | **Salmon Fillets, skin-on**

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions** and **peppers**. Cook for 3-4 min, stirring often, until tender-crisp.
- Add **garlic** and **Cream Sauce Spice Blend**. Cook for 1 min, stirring often, until fragrant.
- Season with **salt** and **pepper**.

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

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.

## 1 | Prep

Swap | **Salmon Fillets, skin-on**

Disregard instructions of draining and rinsing **salmon**.

## 3 | Cook veggies

Swap | **Salmon Fillets, skin-on**

Heat a large non-stick pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then add **salmon**. Cook for 2-3 min, until browned. Flip **salmon** and continue cooking for 2-3 min, until cooked through.\*\* When **salmon** is done, break **salmon** up into large flakes or pieces, removing and discarding skin. Carefully wipe out pan and use in step 3.

## 4 | Make sauce

Swap | **Salmon Fillets, skin-on**

After **sauce** has thickened, return **salmon pieces** to the pan. Cook for 2 min.

## 4 | Make sauce

\*2 Double | **Shrimp**

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

## 5 | Finish and serve

Swap | **Salmon Fillets, skin-on**

Divide **couscous** between plates. Top with **sun-dried tomato pesto salmon**.

\*\* Cook shrimp to a minimum internal temperature of 165°F, as size may vary, and cook salmon to a minimum internal temperature of 158°F, as size may vary.