

Shrimp Saganaki

with Marinara, Feta and Israeli Couscous

Greek food has so much more to offer than just gyros and tzatziki. Introducing bold and flavourful shrimp saganaki! In this dish, tender shrimp are layered with tomato sauce, olives, and tangy feta cheese.

















Shrimn

Israeli Couscous

Crushed Tomatoes

Onion

Garlic

Green Olives

Parsle



Ingredients		4 People *Not Included	⊑
Shrimp	1)	2 pkg (57() g)	Ruler O in 1/2 in 3/4 in 1
Israeli Couscous	4)	2 pkg (340 g)	
Crushed Tomatoes		2 L 1) Shettiish/Fruits de mei	
Onion, sliced			
Garlic		2 pkg (20 g) 3) Sulphites/Sulfites	
Green Olives	3)	2 pkg (60 g) 4) Wheat/Blé	
Feta Cheese, crumbled	2)	1 pkg (½ cup)	
Parsley		1 pkg (10 g) Tools	
Sugar*		Medium Pot, Large Pan, Massuring Spages Strainer	
Olive or Canola Oil*		Measuring Spoons, Strainer	

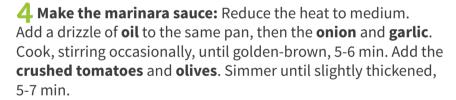
Nutrition per person Calories: 602 cal | Fat: 10 g | Protein: 44 g | Carbs: 81 g | Fibre: 6 g | Sodium: 846 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- **1 Prep: Wash and dry all produce**. Bring a medium pot of salted water to a boil. Mince or grate the garlic. Slice the olives. Roughly chop the parsley.
- **2 Cook the Israeli couscous:** Add the **couscous** to the boiling water. Cook until the couscous is tender, 7-8 min. (Drain the couscous when it's done cooking.)



3 Cook the shrimp: Meanwhile, heat a large pan over mediumhigh heat. Add a drizzle of oil, then the shrimp. Cook, stirring occasionally, until the shrimp just turns pink, 1-2 min. Transfer the shrimp to a plate. Season with salt and pepper.





5 Add the **sugar**, **shrimp** and **half the parsley** into the **sauce**. Stir until heated through, 1-2 min. (Taste and add more sugar, **1/4 tsp** at a time, if you like a sweeter sauce!)





KID-FRIENDLY TIP: If your kids don't like olives, set them aside and stir them into your own bowl after cooking!