



JUN
2017

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.

 Prep
30 min



Shrimp



Israeli Couscous



Crushed Tomatoes



Onion



Garlic



Green Olives



Parsley



Feta Cheese

Ingredients

Shrimp	1)	2 pkg (570 g)
Israeli Couscous	4)	2 pkg (340 g)
Crushed Tomatoes		2 boxes
Onion, sliced		1 pkg (113 g)
Garlic		2 pkg (20 g)
Green Olives	3)	2 pkg (60 g)
Feta Cheese, crumbled	2)	1 pkg (½ cup)
Parsley		1 pkg (10 g)
Sugar*		½ tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Shellfish/Fruits de mer
- 2) Milk/Lait
- 3) Sulphites/Sulfites
- 4) Wheat/Blé

Tools

Medium Pot, Large Pan, Measuring Spoons, Strainer

Ruler

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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



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



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



3 Cook the shrimp: Meanwhile, heat a large pan over medium-high 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



4 Make the marinara sauce: Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **onion** and **garlic**. Cook, stirring occasionally, until golden-brown, 5-6 min. Add the **crushed tomatoes** and **olives**. Simmer until slightly thickened, 5-7 min.

5 Add the **sugar**, **shrimp** and **half the parsley** into the **sauce**. Stir until heated through, 1-2 min. (Taste and add more sugar, **¼ tsp** at a time, if you like a sweeter sauce!)

6 Finish and serve: Divide the **Israeli couscous** between plates. Top with a scoop of **shrimp saganaki**. Sprinkle with the **feta** and **remaining parsley**. Enjoy!

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

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