



GREEK SHRIMP SAGANAKI

with DIY Marinara Sauce, Feta and Israeli Couscous



HELLO

SAGANAKI

A dish cooked in a skillet, from the Greek for “little pan”

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 614



Shrimp



Israeli Couscous



Crushed Tomatoes



Onion, sliced



Garlic



Mixed Olives



Parsley



Feta cheese, crumbled

BUST OUT

- Medium Pot
- Large Pan
- Measuring Spoons
- Strainer
- Sugar (½ tsp)
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Shrimp 0 2 pkg (570 g)
- Israeli Couscous 1 2 pkg (340 g)
- Crushed Tomatoes 2 box
- Onion, sliced 1 pkg (113 g)
- Garlic 2 pkg (20 g)
- Mixed Olives 9 2 pkg (60 g)
- Parsley 1 pkg (10 g)
- Feta cheese, crumbled 2 1 pkg (56 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

No need to measure out the cooking water for the couscous — you'll be cooking it like pasta here.

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



1 PREP Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Thinly slice the **olives**. Roughly chop the **parsley**.



2 COOK 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 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 to a plate. Season with **salt** and **pepper**.



4 START MARINARA 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 FINISH MARINARA Add the **shrimp**, **½ tsp sugar** 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'd like your sauce a bit sweeter!)



6 FINISH AND SERVE Divide the **couscous** between plates. Top with a scoop of **shrimp saganaki**. Sprinkle with the **feta** and **remaining parsley**.

DELICIOUS!

Serve it Greek-style, straight from the skillet.