



Smart Moroccan-Style Shrimp

with Cilantro-Yogurt Dressing and Couscous

Carb Smart

Calorie Smart

Spicy

Quick

25 Minutes



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Shrimp



Salmon fillets, skin-on



Couscous



Zucchini



Tomato



Sweet Bell Pepper



Shallot



Cilantro



Garlic, cloves



Greek Yogurt



Crispy Shallots



Harissa Spice Blend



Vegetable Stock Powder

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add salmon, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Heat Guide for Step 4:

- Mild: **1 tsp** (2 tsp)
- Medium: **2 tsp** (4 tsp)
- Spicy: **1 tbsp** (2 tbsp)

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Salmon fillets, skin-on	250 g	500 g
Couscous	¼ cup	½ cup
Zucchini	1	2
Tomato	2	4
Sweet Bell Pepper	1	2
Shallot	1	2
Cilantro	7 g	7 g
Garlic, cloves	2	4
Greek Yogurt	100 ml	200 ml
Crispy Shallots	14 g	28 g
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Vegetable Stock Powder	½ tsp	1 tsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.

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.



Prep

- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ¼-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Cut **tomatoes** into ¼-inch pieces.



Make couscous

- Add **half the stock powder** (use all for 4 ppl) and ⅓ **cup** (⅔ cup) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **half the couscous** (use all for 4 ppl).
- Stir to combine. Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork. Cover and set aside.

If you've opted to add **salmon**, pat dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **salmon**. Pan-fry on one side until golden, 3-4 min. Flip, then cover and continue cooking, until cooked through, 3-4 min.**



Cook shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt and pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Transfer to a plate, then cover to keep warm.



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **shallots, garlic, peppers, tomatoes** and **Harissa Spice Blend** (NOTE: Reference heat guide).
- Season with **salt and pepper**. Cook, stirring often, until tender, 4-5 min.
- Add **zucchini** and ⅓ **cup** (⅔ cup) **water**. Cook, stirring often, until **zucchini** is tender-crisp, 2-3 min. (NOTE: If liquid absorbs too quickly, add additional water, 1-2 tbsp at a time, as needed.)
- Stir in **shrimp**. Remove the pan from heat.



Make cilantro-yogurt dressing

- Meanwhile, roughly chop **cilantro**.
- Add **yogurt, cilantro, 2 tbsp** (4 tbsp) **water** and ½ **tsp** (1 tsp) **sugar** to a small bowl.
- Season with **salt and pepper**, then stir to combine.



Finish and serve

- Divide **couscous** between plates. Top with **veggies** and **shrimp**.
- Spoon **cilantro-yogurt dressing** over top.
- Sprinkle **half the crispy shallots** (use all for 4 ppl) over top. (TIP: Save remaining crispy shallots for a future creation!)

Top final plates with **salmon**.

Dinner Solved!



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