



Smart Shrimp Curry

with Buttered Couscous

Calorie Smart

Carb Smart

Spicy

Quick

25 Minutes



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Shrimp



Garlic Powder



Dal Spice Blend



Curry Paste



Roma Tomato



Couscous



Zucchini



Cilantro



Cream Cheese

HELLO CREAM CHEESE

This versatile soft cheese is great for both sweet and savoury applications!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Garlic Powder	1 tsp	2 tsp
Dal Spice Blend	1 tbsp	2 tbsp
Curry Paste 🍛	2 tbsp	4 tbsp
Roma Tomato	190 g	380 g
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Cilantro	7 g	7 g
Cream Cheese	43 g	86 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook 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.

1



Cook couscous

- Add **half the garlic powder**, **¾ cup** (1 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.

2



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Meanwhile, cut **tomato** into ½-inch pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



Cook shrimp

- 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. **
- Remove the pan from heat. Transfer **shrimp** to a plate.

4



Start curry

- Heat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **tomatoes**. Cook, stirring often, until **tomatoes** start to break down, 2-3 min.
- Add **zucchini**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **Dal Spice Blend**, **curry paste** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.

5



Finish curry

- Add **cream cheese** and **¾ cup** (1 cup) **water**. Bring to a simmer, stirring often, until combined.
- Once simmering, add **shrimp**. Continue cooking, stirring often, until warmed through and **sauce** slightly thickens, 1-2 min. Season with **salt** and **pepper**, to taste. (**TIP**: If sauce is too acidic, add ¼ tsp sugar!)

6



Finish and serve

- Add **half the cilantro** to the pot with **couscous**. Season with **salt** and **pepper**, to taste, then fluff with a fork.
- Divide **couscous** between bowls. Spoon **shrimp curry** over top.
- Sprinkle with **remaining cilantro**.

Dinner Solved!



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