



# Smart Shrimp Curry with Buttered Couscous

Smart Meal

20 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

Swap



Tilapia Fillets  
300 g | 600 g



Shrimp  
285 g | 570 g



Garlic Powder  
1 tsp | 2 tsp



Dal Spice Blend  
1 tbsp | 2 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Tomato  
2 | 4



Couscous  
½ cup | 1 cup



Zucchini  
1 | 2



Cilantro  
7 g | 7 g



Cream Cheese  
1 | 2

**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.

**Pantry items** | Unsalted butter, salt, pepper, oil

**Cooking utensils** | Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

1



### Cook couscous

• Before starting, wash and dry all produce.

- Add **half the garlic powder**, **⅔ cup** (1 ⅓ 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 from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

2



### Prep

🔄 Swap | Tilapia

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- 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 from heat. Transfer to a plate.

4



### Start curry

- Reheat 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 **⅔ 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** thickens slightly, 1-2 min.
- Season with **salt** and **pepper**. (**TIP:** If sauce is too acidic, add ¼ tsp [½ tsp] sugar!)

6



### Finish and serve

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate the **shrimp**\*\*

\*\* Cook shrimp and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.



Issue with your meal? Scan the QR code to share your feedback.