



GARLICKY SHRIMP COUSCOUS BOWLS

with Chili-Roasted Broccoli & Fresh Parsley

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



2 Clove(s) | 4 Clove(s)
Garlic



¼ oz | ¼ oz
Parsley



1 | 2
Lemon



1 tsp | 1 tsp
Chili Flakes



2½ oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



10 oz | 20 oz
Shrimp
Contains: Shellfish



1 tsp | 2 tsp
Garlic Powder



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HELLO

ISRAELI COUSCOUS

This tiny toasted pasta (also known as pearly couscous) has a nutty taste and a fun, springy texture.



PREP: 10 MIN | COOK: 20 MIN | CALORIES: 460



THE RIGHT FLUFF

A fork is the ideal tool for gently fluffing the couscous—the utensil helps you separate the pearls, preserving their texture.

BUST OUT

- Baking sheet
- Paper towels
- Small pot
- Large pan
- Kosher Salt
- Black Pepper
- Olive Oil
- Butter
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Peel and mince or grate **garlic**. Finely chop **parsley**. Quarter **lemon**.



2 ROAST BROCCOLI

- Toss **broccoli** on a baking sheet with a **drizzle of olive oil**, **½ tsp chili flakes** (¾ tsp for 4 servings), **salt**, and **pepper**. (Use fewer chili flakes if you prefer less heat.) Roast on top rack until browned and tender, 12-15 minutes.



3 START COUSCOUS

- Meanwhile, heat a **drizzle of olive oil** in a small pot over medium-high heat. Add **half the minced garlic**; cook until fragrant, 30 seconds. Stir in **couscous**, **stock concentrate**, **¾ cup water** (1½ cups for 4 servings), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to use in Step 5.



4 COOK SHRIMP

- While couscous cooks, rinse **shrimp*** under cold water; pat dry with paper towels. Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add shrimp, **garlic powder**, **salt**, and **pepper**. Cook until shrimp are pink and almost cooked through, 3-4 minutes.
- Add **2 TBSP water** (3 TBSP for 4 servings); cook, stirring and scraping up any browned bits from bottom of pan, until water has evaporated, 1-2 minutes.
- Reduce heat to medium; add **1 TBSP butter** (2 TBSP for 4), **remaining minced garlic**, and a **pinch of chili flakes**. Cook, stirring, until shrimp are cooked through and garlic is fragrant, 1-2 minutes more.
- Remove pan from heat; toss shrimp with **half the parsley** and **juice from half the lemon**.



5 FINISH COUSCOUS

- Fluff **couscous** with a fork; stir in **remaining parsley**, a **squeeze of lemon juice**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.



6 SERVE

- Divide **couscous** between bowls. Top with **shrimp** and **broccoli**. Spoon any **remaining garlic butter** from pan over shrimp. Serve with a **squeeze of lemon juice**.

*Shellfish is fully cooked when internal temperature reaches 145°.