



Moroccan-Inspired Shrimp and Veggie Tagine with Couscous

Family Friendly 30 Minutes



Shrimp



Moroccan Spice Blend



Garlic, cloves



Apricot Spread



Parsley



Roasted Red Peppers



Tomato Sauce Base



Couscous



Zucchini



Vegetable Broth Concentrate



Cornstarch

HELLO MOROCCAN SPICE BLEND

This blend of North African spices is warm and aromatic!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Apricot Spread	2 tbsp	4 tbsp
Parsley	7 g	14 g
Roasted Red Peppers	170 ml	340 ml
Tomato Sauce Base	2 tbsp	4 tbsp
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Vegetable Broth Concentrate	1	2
Cornstarch	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 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.

Contact

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Prep

Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Roughly chop **parsley**. Peel, then mince or grate **garlic**. Whisk together **cornstarch** and **⅓ cup water** (dbl for 4 ppl) in a small bowl. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Sprinkle with **half the Moroccan Spice Blend**, then season with **salt** and **pepper**.



Start tagine

Add **tomato sauce base**, **garlic** and **remaining Moroccan Spice Blend** to the pot. Cook, stirring often, until **zucchini** is coated, 1-2 min.



Cook couscous

Add **⅔ cup water**, **⅛ tsp salt**, **1 tbsp butter** (dbl all for 4 ppl) and **broth concentrate** 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.



Finish tagine

Add **roasted red peppers**, including **liquid**, **apricot spread**, **shrimp** and **cornstarch mixture**. Stir to combine. Bring to a boil over medium-high. Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly and **shrimp** are cooked through, 4-5 min.** Season with **salt** and **pepper**, to taste.



Cook zucchini

While **couscous** cooks, heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until **zucchini** begins to soften, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

While **tagine** cooks, fluff **couscous** with a fork. Add **half the parsley**. Season with **salt** and **pepper**, then stir to combine. Divide **couscous** and **shrimp tagine** between bowls. Sprinkle **remaining parsley** over top.

Dinner Solved!