



# Quick Chermoula Prawns

with Zhoug Couscous and Veggies

Calorie Smart 20 Minutes • Medium Spice • 1 of your 5 a day

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Chicken Stock Powder



Couscous



Zhoug Paste



Echalion Shallot



Courgette



King Prawns



Chermoula Spice



Natural Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Frying Pan and Bowls.

## Ingredients

	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Couscous <b>13</b>	120g	180g	240g
Zhoug Paste	1 sachet	1½ sachet	2 sachets
Echalion Shallot	1	1	2
Courgette**	1	2	2
King Prawns <b>5</b> **	150g	250g	300g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Natural Yoghurt <b>7</b> **	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	343g	454 g
Energy (kJ/kcal)	1876 /448	546 /130
Fat (g)	13	4
Sat. Fat (g)	2	1
Carbohydrate (g)	55	16
Sugars (g)	12	4
Protein (g)	25	7
Salt (g)	2.49	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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HelloFresh UK

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You can recycle me!



## Prep The Couscous

**a)** Pour the **water** for the **couscous** (see ingredients for amount) and the **chicken stock powder** into a saucepan, stir and bring to the boil.

**b)** When boiling, remove from the heat and stir in the **couscous** and **zhoug paste**.

**c)** Cover with a lid and leave to the side for 8-10 mins or until ready to serve.



## Fry The Prawns

**a)** Once the **courgette** has softened, add the **prawns** and **chermoula spice**. Mix well and season with **salt** and **pepper**.

**b)** Cook stirring occasionally until the **prawns** are cooked, 3-4 mins. **IMPORTANT:** *The prawns are cooked when they are pink on the outside and opaque inside.*



## Prep the Veg

**a)** While the **couscous** cooks, halve, peel and thinly slice the **shallot**.

**b)** Trim the ends from the **courgette**, halve lengthways, slice into 1cm wide strips, then chop into 1cm chunks.



## Combine

**a)** Fluff up the **couscous** with a fork.

**b)** Add the **couscous** to the **prawns** and **veggies** and gently mix together.

**c)** Taste and add **salt** and **pepper** if you feel it needs it.



## Fry The Veg

**a)** Heat a drizzle of **oil** in a large frying pan on a medium heat.

**b)** When hot, add the **courgette** and **shallot**. Season with a pinch of **salt** and **pepper**.

**c)** Fry, stirring occasionally until softened, 3-4 mins.



## Finish And Serve

**a)** Spoon the **couscous** and **prawns** into bowls.

**b)** Spoon over the **yoghurt**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.