HELLO FRESH

Quick Chermoula Prawns
with Zhoug Couscous and Greek Style Yoghurt

Calorie Smart · 20 Minutes · *Very Hot* · 1 of your 5 a day · Under 650 Calories

Vegetable Stock Paste

Couscous

Courgette

King Prawns

Chermoula Spice Mix

Zhoug Style Paste

Greek Style Natural Yoghurt

King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy Cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10)	20g	30g	40g
Couscous 13)	120g	180g	240g
Courgette**	1	2	2
King Prawns** 5)	1 pack	1 pack	2 packs
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Zhoug Style Paste	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
King Prawns** 5)	1 pack	1 pack	2 packs
Pantry	**2P**	**3P**	**4P**
Water for the Couscous*	200ml	300ml	400ml

*Not Included **Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	420	100g	495g	100g
Energy (kJ/kcal)	1924 /460	458 /109	2090 /500	422 /101
Fat (g)	18.2	4.3	18.6	3.8
Sat. Fat (g)	4.4	1.1	4.6	0.9
Carbohydrate (g)	51.4	12.2	51.4	10.4
Sugars (g)	7.9	1.9	7.9	1.6
Protein (g)	21.5	5.1	30.4	6.1
Salt (g)	3.78	0.90	4.79	0.97

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!
Share your creations with **#HelloFreshSnaps**
Head to hellofresh.co.uk or use our app to rate this recipe
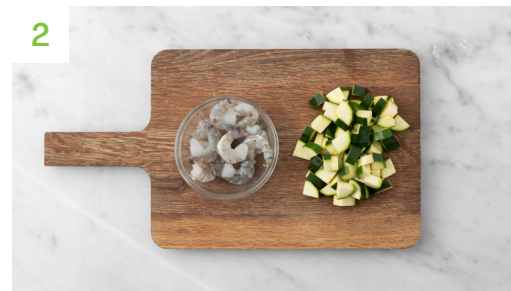♻ You can recycle me!

1

Cook the Couscous

a) Pour the **water for the couscous** (see pantry for amount) and the **veg stock paste** into a saucepan and bring to the boil.

b) When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan.

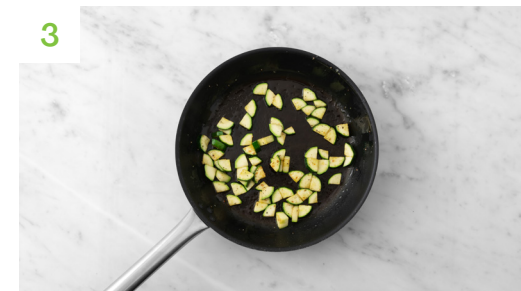**c)** Leave to the side for 8-10 mins or until ready to serve.

2

Get Prepped

a) Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

b) Drain the **prawns**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, drain them, then cook the recipe in the same way.
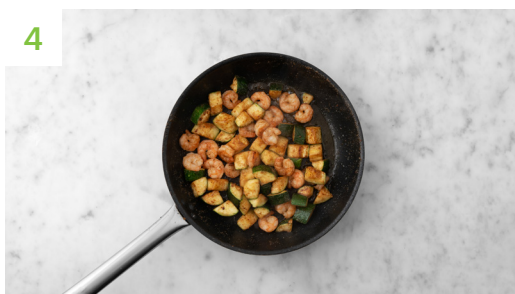
3

Time to Fry

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

b) Once hot, add the **courgette**. Season with **salt** and **pepper**.

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

4

Bring on the Prawns

a) Once the **courgette** has softened, add the **prawns** and **chermoula spice mix** (see ingredients for amount, add less if you'd prefer things milder) to the pan.

b) Cook, stirring occasionally, until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

5

Combine and Stir

a) When your **couscous** is ready, fluff it up with a fork and stir through the **zhoug style paste** (add less if you'd prefer things milder).

b) Add the **cooked prawns** and **courgette** to the **couscous** and gently mix together. Taste and season with **salt** and **pepper** if needed.

6
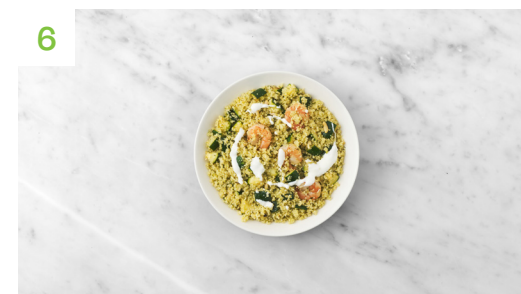
Finish And Serve

a) Share the **zhoug couscous** between your bowls and top with the **chermoula prawns**.

b) Drizzle over the **yoghurt** to finish.

Enjoy!