



# Quick Chermoula Prawns

with Zhoug Couscous and Greek Style Yoghurt

28

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

**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 <b>10</b>	20g	30g	40g
Couscous <b>13</b>	120g	180g	240g
Courgette**	1	2	2
King Prawns** <b>5</b>	150g	225g	300g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Zhoug Style Paste	45g	90g	90g
Greek Style Natural Yoghurt** <b>7</b>	75g	150g	150g

King Prawns** <b>5</b>	300g	450g	600g
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Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	418g	100g	493g	100g
Energy (kJ/kcal)	1863 /445	446 /107	2029 /485	412 /98
Fat (g)	16.5	3.9	16.9	3.4
Sat. Fat (g)	3.7	0.9	3.9	0.8
Carbohydrate (g)	51.7	12.4	51.7	10.5
Sugars (g)	8.3	2.0	8.3	1.7
Protein (g)	21.3	5.1	30.2	6.1
Salt (g)	3.72	0.89	4.74	0.96

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## 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.

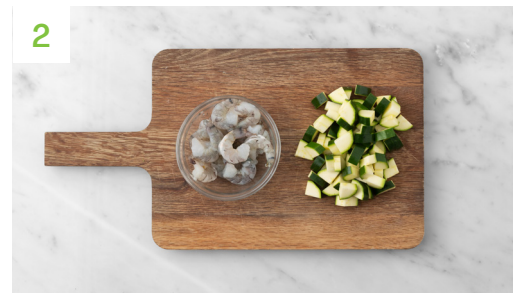
**c)** Leave to the side for 8-10 mins or until ready to serve.



## 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.*



## 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**, cook the recipe in the same way.



## 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)** Taste and season with **salt** and **pepper** if needed.



## 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.



## 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!