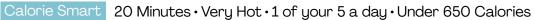


Quick Chermoula Prawns











Vegetable Stock Paste





Courgette



King Prawns



Chermoula Spice



Greek Style Salad Cheese



Zhoug Style Paste



Low Fat Natural Yoghurt

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10)	10g	15g	20g
Couscous 13)	120g	180g	240g
Courgette**	1	2	2
King Prawns** 5)	150g	225g	300g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Greek Style Salad Cheese** 7)	50g	75g	100g
Zhoug Style Paste	50g	75g	100g
Low Fat Natural Yoghurt** 7)	75g	100g	150g
Devetors	OD.	O.D.	40
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	339g	100g
Energy (kJ/kcal)	2057 /492	607/145
Fat (g)	19.7	5.8
Sat. Fat (g)	5.9	1.7
Carbohydrate (g)	50.6	14.9
Sugars (g)	7.5	2.2
Protein (g)	27.4	8.1
Salt (g)	3.21	0.95

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal). Point™ values based on low-cal cooking spray oil.

Allergens

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

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, 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

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ

You can recycle me!





Cook the Couscous

- a) Pour the water for the couscous (see pantry for amount) and the vegetable 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.



Get Prepped

- a) Meanwhile, trim the courgette, then quarter lengthways. Chop into 1cm chunks.
- **b)** Drain the **prawns** and pat dry with kitchen paper. IMPORTANT: Wash your hands and equipment after handling raw prawns.



Fry the Courgette

- 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.



Bring on the Prawns

- a) Once the courgette has softened, add the prawns and chermoula (add less if you'd prefer things milder) to the pan.
- b) Stir together well and season with salt and pepper.
- c) Cook, stirring occasionally, until the prawns are cooked, 4-5 mins. **IMPORTANT**: The prawns are cooked when pink on the outside and opaque in the middle.



Combine and Stir

- a) Meanwhile, crumble the Greek style salad cheese into small pieces.
- **b)** 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).
- c) Add the cooked prawns and courgette to the couscous and gently mix together. Taste and season with salt and pepper if needed.



Finish And Serve

- a) Share the zhoug couscous and chermoula prawns between your bowls.
- **b)** Spoon over the **yoghurt** and scatter the **Greek** style salad cheese over the top to finish.

Enjoy!



