



# Quick Chermoula Prawns

with Zhoug Couscous and Greek Style Cheese

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



Greek Style Salad Cheese



Zhoug Style Paste



Low Fat Natural Yoghurt

**Pantry Items**  
Oil, Salt, Pepper

## 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 <b>10</b>	10g	15g	20g
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
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g
Zhoug Style Paste	50g	75g	100g
Low Fat Natural Yoghurt** <b>7</b>	75g	100g	150g

Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	339g	100g
	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 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, 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

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 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!

