



### In your box

- 1 Roma Tomato
- 2 tsp. Mirepoix Broth Concentrate
- 2 tsp. Chimichurri Seasoning
- 2 Green Onions
- 1 Lemon
- ¼ oz. Parsley
- 1 Tbsp. Basil Pesto
- 1 Yellow Bell Pepper
- ¾ cup Pearl Couscous

### Customize It Options

- 8 oz. Shrimp
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Scallops
- 16 oz. Double Portion-Shrimp

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt
- Medium Pot, Mixing Bowl, Large Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



## Pesto Shrimp Couscous

with parsley and bell pepper

NUTRITION per serving—Calories: 538, Carbohydrates: 59g, Sugar: 3g, Fiber: 3g, Protein: 25g, Sodium: 1493mg, Fat: 24g, Saturated Fat: 3g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions, lemon juice**

### Customize It Instructions

- If using **16 oz. shrimp**, follow same instructions as 8 oz. shrimp, working in batches if necessary.
- If using **scallops**, follow same instructions as shrimp in Steps 1 and 4, cooking until scallops reach minimum internal temperature, 1-2 minutes per side.
- If using **mahi-mahi**, halve fillets. Follow same instructions as shrimp in Steps 1 and 4, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes.
- If using **diced chicken**, follow same instructions as shrimp in Steps 1 and 4, stirring occasionally until browned and chicken reaches minimum internal temperature, 5-7 minutes.



### 1. Prepare the Ingredients

- Mince **parsley**, leaves and stems.
- Core **tomato** and cut into ¼" dice.
- Stem, seed, remove ribs, and cut **yellow bell pepper** into ¼" dice.
- Trim and mince white portions of **green onions**. Mince green portions. Keep white and green portions separate.
- Halve **lemon** lengthwise and juice.
- Pat **shrimp** dry.



### 2. Cook the Couscous

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**. Add **tomato, yellow bell pepper, and white portions of green onions** to hot pot. Stir occasionally until vegetables are tender, 3-4 minutes.
- Stir in **couscous, 1¼ cups water, mirepoix base, seasoning blend, and ¼ tsp. salt**. Increase heat to high and bring to a boil.
- Once boiling, cook until liquid is nearly evaporated, 6-7 minutes.
- Remove from burner and stir in 1 Tbsp. **lemon juice** (reserve remaining for sauce). Cover and set aside.
- While couscous cooks, make sauce.



### 3. Make the Sauce

- Combine **pesto, parsley, green portions of green onions, 2 tsp. lemon juice, 2 Tbsp. olive oil, and a pinch of salt** in a mixing bowl.



### 4. Cook the Shrimp

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat.
- Working in batches if necessary, add **shrimp** to hot pan and cook undisturbed until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes.
- Remove from burner.



### 5. Finish the Dish

- Add **shrimp** to mixing bowl with **sauce** and stir until shrimp are coated.
- Plate dish as pictured on front of card, topping **couscous** with shrimp. Bon appétit!