



NUTRITION *per serving* 60g carbohydrates 20g fat 36g protein 1010mg sodium | low-calorie, soy-free, nut-free



Calories
561



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 cup Pearl Couscous
- 1 Dill Sprig
- 3 oz. Grape Tomatoes
- 3 oz. Peas
- 1 oz. Radish
- 2 Garlic Cloves
- 1 Lemon
- 16 Shrimp
- 1 tsp. Dried Oregano
- 4 oz. Spinach
- 1 ½ oz. Feta Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Wire-Mesh Strainer
- Mixing Bowl
- Large Pan

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HOME CHEF

Lemon-Dill Shrimp Couscous

with spinach, peas, radish, and feta

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Place a wire-mesh strainer in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.

FROM THE CHEF

Stir couscous constantly for first 30 seconds after adding to boiling water to keep pearls from sticking together.

Did you know...

Smaller Mediterranean couscous is normally cooked by pouring boiling water over them and covering until water is absorbed. This larger pearl couscous is treated more like a traditional pasta.



Cook the Couscous

Add **couscous** to boiling water and cook until tender, 7-10 minutes. Remove from burner and drain in wire-mesh strainer. Rinse couscous briefly under cold running water and set aside to come to room temperature. While couscous cooks, prepare ingredients.



Prepare the Ingredients

Stem and coarsely chop **dill**. Halve **grape tomatoes**. Rinse **peas** under warm water if still frozen. Trim and slice **radish** as thinly as possible. Mince **garlic**. Zest **lemon**, halve, and juice. Rinse **shrimp**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Prepare the Dressing

Combine 1 tsp. **lemon zest**, **garlic**, **oregano**, 2 Tbsp. **lemon juice**, 2 Tbsp. **olive oil**, ¾ tsp. **salt**, and ½ tsp. **pepper** in a large mixing bowl. Set aside to allow flavors to marry.



Cook the Shrimp

Place a large pan over medium-high heat. Add 1 tsp. **olive oil** and **shrimp** to hot pan. Cook until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. Sprinkle with **dill** and remove from burner.



Assemble the Salad

To bowl with dressing, add **couscous**, **grape tomatoes**, **peas**, **radish**, and **spinach**. Stir to completely coat ingredients.



Plate the Dish

Place **salad** on a plate. Top with **shrimp** and garnish with **feta cheese**.