



#### In your box

- 5 oz. Corn Kernels
- ¼ cup Italian Panko Blend
- 8 oz. Fully Cooked Couscous
- 3 oz. Roasted Red Peppers
- 2 oz. Light Cream Cheese
- 1 oz. Grated Parmesan
- 1.2 oz. Garlic & Herb Cheese Spread

#### Customize It Options

- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Jumbo Shrimp
- 16 oz. Shrimp—Double Portion

\*Contains: milk, wheat, shellfish (shrimp)

#### You will need

- Olive Oil, Salt, Pepper



Oven-Ready

## Shrimp Scampi Couscous

with Parmesan and corn

NUTRITION per serving—Calories: 647, Carbohydrates: 60g, Fat: 24g, Protein: 33g, Sodium: 1793mg.

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

30-40 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

### Prepare the Ingredients

- Preheat oven to 425 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging.
- Mix **couscous**, **roasted red peppers**, **corn**, **cream cheese**, **cheese spread**, **Parmesan**,  $\frac{1}{2}$  cup **water**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** in provided tray.



2

### Add the Shrimp

- Place **shrimp** on **couscous**. Top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- *If using **16 oz. shrimp**, **jumbo shrimp**, or **diced chicken**, follow same instructions.*



3

### Bake the Dish

- Bake uncovered in hot oven until **shrimp** reaches a minimum internal temperature of 145 degrees, 18-24 minutes.
- *If using **16 oz. shrimp** or **jumbo shrimp**, follow same instructions. If using **diced chicken**, bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 18-24 minutes.*
- Carefully, remove from oven and stir until shrimp and **cheeses** are incorporated. Rest before serving, 3 minutes. Garnish with **panko**. Bon appétit!