



# Chermoula Prawns

with Couscous and Coriander



## HELLO COUSCOUS

Not a grain but tiny balls of dough made by sprinkling water on flour, raking it through and sieving!



Chicken Stock Powder



Couscous



Courgette



Coriander



Lemon



Chickpeas



Chermoula Spice Blend



Finely Chopped Tomatoes with Garlic & Onion



King Prawns

MEAL BAG

15 mins

5 of your a day

Medium heat

Rapid recipe

A zesty blend of spices, garlic, and fresh herbs, chermoula is a Moroccan spice traditionally used to season fish and meat, and is the hero seasoning in tonight's speedy dish. Sweet juicy prawns in a thick tomato sauce packed with fresh veggies and served alongside roasted sweet potatoes, it's hard to say which ingredient we love most. Regardless of the weather outside, this recipe will transport you to the warm, sunny climes of Northern Africa.

GET PREPARED!

Fill and boil your Kettle.

# BEFORE YOU START

🔗 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Measuring Jug**, **Mixing Bowl**, **Sieve** and a **Large Frying Pan**. Let's start cooking the **Chermoula Prawns with Couscous and Coriander**.



## 1 COOK THE COUSCOUS

- Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir to dissolve.
- Pop the **couscous** into a bowl, season with **salt** and **pepper**. Pour in the boiling **stock** and cover the bowl with plate. Leave to one side for 8 mins, the **couscous** will absorb the water and swell up in this time.



## 2 PREP TIME

- Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Chop the **lemon** into wedges.
- Drain the **chickpeas** in a sieve.



## 3 START THE SAUCE

- Heat a splash of **oil** in a large frying pan over medium-high heat. Add the **courgette** and cook stirring frequently for 2 mins.
- Add the **chermoula** and stir in, cook for 1 minute and then add the **chopped tomatoes** and the **water** (see ingredients for amount).



## 4 SIMMER THE SAUCE

- Add the **prawns** and **chickpeas** to the **sauce**. Lower the heat to medium.
- Simmer until the **prawns** are cooked and the **courgettes** are soft, 3-4 mins, stirring every now and then.
- 🚫 **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## 5 FINISH OFF

- Fluff the **couscous** up with a fork and stir in **half** the **coriander** and a squeeze of **lemon juice**.
- Taste and add **salt** and **pepper** if required.



## 6 SERVE

- Share the **couscous** between your bowls. Top with the **chermoula prawns**.
- Add a wedge of **lemon** and finish with a sprinkling of the remaining **coriander**.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Water for the Couscous*	300 ml	600 ml
Chicken Stock Powder	½ pot	1 pot
Couscous (13)	150g	300g
Courgette	1	2
Coriander	1 bunch	1 bunch
Lemon	½	1
Chickpeas	1 carton	2 cartons
Chermoula Spice Blend	1 tsp	2 tsp
Finely Chopped Tomatoes with Garlic & Onion	1 carton	2 cartons
Water for the Sauce*	100ml	200ml
King Prawns (5)	120g	250g

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 797G	PER 100G
Energy (kcal)	545	68
(kJ)	2278	286
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	84	11
Sugars (g)	18	2
Protein (g)	31	4
Salt (g)	3.53	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

(5) Crustaceans (13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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