

North African-Spiced Shrimp & Couscous

with Dates, Kale & Carrots

North Africa has a rich and diverse culinary tradition that deliciously blends European, Arabic and local influences. In this dish of spiced shrimp and lemony, aromatic couscous, we're celebrating the region's signature ingredients—from sweet, chewy dates to ras el hanout, a warming spice blend. And we're pairing them with two seasonal vegetables, carrots and kale, for a satisfying and authentic dinner.



Ingredients

- 10 Ounces Shrimp
- 1 Cup Couscous
- 4 Cloves Garlic
- 2 Scallions
- 1 Carrot
- 1 Lemon
- ½ Bunch Kale

Knick Knacks

- 2 Tablespoons Tomato Paste
- 1 Ounce Pitted Dates
- 1 Tablespoon Ras El Hanout

Makes 2 Servings

About 650 Calories Per Serving

Prep Time: 15 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the carrot. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Remove and discard the kale stems; roughly chop the leaves. Roughly chop the dates. Using a peeler, remove the rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



Cook the couscous:

In a small pot, heat **1 cup of water** and a **big pinch of salt** to boiling on high. Once boiling, stir in the **couscous**; cover and remove from heat. Let stand for 4 to 5 minutes, or until the water has been absorbed. Fluff the cooked couscous with a fork.

3



Cook the aromatics:

While the couscous cooks, in a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrot**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **garlic**, **white bottoms of the scallions** and **half the ras el hanout**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **tomato paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant.

4



Finish the couscous:

Add the **kale**, **dates** and **1 cup of water** to the pan of aromatics; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted. Add the **cooked couscous** and **lemon zest**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until well combined. Turn off the heat and stir in **the juice of 2 lemon wedges**; season with salt and pepper to taste. Divide between 2 dishes and set aside in a warm place. Rinse and wipe out the pan.

5



Cook the shrimp:

Pat the **shrimp** dry with paper towels and place in a bowl. Season with salt, pepper and the **remaining ras el hanout**; toss to coat. In the pan used to finish the couscous, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned shrimp and cook, stirring occasionally, 2 to 4 minutes, or until opaque and cooked through. Turn off the heat and add **the juice of the remaining lemon wedges**; season with salt and pepper to taste.

6



Serve your dish:

Top the dishes of **finished couscous** with the **cooked shrimp**. Garnish with the **green tops of the scallions**. Enjoy!