

Shrimp, Vegetable & Couscous Bowls

Reverend Jamie Askin, Spiritually Delicious

Ingredients

- 1 ½ cups whole-wheat pearl couscous
- 1 small red bell pepper, chopped
- ½ cup snow peas, trimmed and sliced
- 3 tablespoons sliced fresh basil, divided
- 3 tablespoons sliced fresh mint, divided
- 1 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon rice vinegar
- 1 tablespoon water
- 1 ½ teaspoons sambal oelek (see Tip)
- 1 ½ teaspoons grated fresh ginger
- 1 large clove garlic, crushed and peeled
- ½ teaspoon ground pepper, divided
- ⅛ teaspoon salt
- 5 tablespoons grapeseed oil, divided
- 1 pound large raw shrimp (16-20 count), peeled and deveined

Directions

Cook couscous according to package directions.

Drain, rinse and place in a large bowl.

Add bell pepper, snow peas and 2 tablespoons each basil and mint.

Combine cilantro, lime juice, vinegar, water, sambal oelek, ginger, garlic, 1/4 teaspoon pepper and salt in a blender.

Blend until smooth. With the motor running, slowly drizzle in 4 tablespoons oil.

Set aside 2 tablespoons of the dressing. Toss the remaining dressing with the couscous and vegetables to coat.

Heat the remaining 1 tablespoon oil in a large skillet over high heat.

Pat shrimp dry and sprinkle with the remaining 1/4 teaspoon pepper. Add to the pan and cook, flipping once, until just cooked through, about 2 minutes per side.

Serve the shrimp and couscous mixture with the reserved 2 tablespoons dressing and the remaining 1 tablespoon each basil and mint.

Nutrition Facts

Servings Per Recipe 4

Serving Size 3 oz. shrimp & 1 cup couscous salad

Calories 478

	% Daily Value *
Total Carbohydrate 52g	19%
Dietary Fiber 6g	21%
Total Sugars 1g	
Protein 28g	56%
Total Fat 18g	23%
Saturated Fat 2g	10%
Cholesterol 159mg	53%
Vitamin A 1145IU	23%
Sodium 236mg	10%
Potassium 365mg	8%

Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate.

