



Chimichurri Shrimp with Grilled Vegetables and Couscous

U.S.

For the Shrimp

1/3 cup	Chimichurri (See Separate Recipe)
1 lb	Shrimp, peeled, deveined

For the Grilled Vegetables

1 medium	Red Onion
2 each	Red Bell Pepper
1 bunch (about 3/4 lb)	Asparagus
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground

For the Couscous

1 1/2 cups	Water or Vegetable stock, unsalted
1 cup	Whole Wheat Pearl Couscous

Metric

80mL
454 g

1 medium
2 each
1 bunch
15mL
1.5g
To taste

355mL
170g

Preparation:

For the Shrimp

1. Preheat a grill to medium-high heat.
2. Fill a small pan with water and soak wooden grill skewers for 20 minutes, or use metal skewers.
3. If not already made, prepare Chimichurri (see separate recipe).
4. Toss the shrimp with 1/3 cup of chimichurri and marinate for 5 minutes.
5. Using the skewers, pierce the shrimp through the middle. Make sure the shrimp are not touching each other to ensure even cooking.
6. Grill the shrimp until they turn pink and are fully opaque in the center, but do not turn rubbery (2-3 minutes on each side).
7. Remove the shrimp from the grill once fully cooked, and set aside (keeping warm).

For the Grilled Vegetables

1. Preheat a grill to medium high heat.
1. Peel the onion and cut into quarters. Rub with half of the oil and seasonings.
2. Cut each pepper lengthwise into quarters. Remove stem and seeds. Trim the woody ends off of the asparagus. In a bowl, toss with remaining oil, salt, and pepper.
3. Grill the vegetables until they soften and develop grill marks, about 5 minutes on each side.
4. When vegetables are done, remove from the grill and allow to cool slightly. Separate the layers of the onion. Slice the bell peppers into thin strips. Cut the asparagus into 2-inch pieces.

For the Couscous

1. Bring water or stock to a boil.
2. Add couscous, reduce heat to a simmer, and cook, covered, until water is absorbed, about 10 minutes. Remove from heat and let stand, covered, for 2 – 3 minutes. Fluff gently with a fork.

To Serve

1. Divide couscous evenly among 4 bowls, followed by the vegetables, then the shrimp. Top each bowl with 1 Tablespoon of chimichurri sauce.

**** Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **4 ounces of shrimp, 1/4 of the vegetables, 3/4 cup couscous**

Amount per serving

Calories **470**

Total Fat	21 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	14 g
Cholesterol	210 mg
Sodium	530 mg
Total Carbohydrate	40 g
Dietary Fiber	7 g
Total Sugars	6 g
Includes 0g Added Sugars	
Protein	32 g
Vitamin D	0 %
Calcium	3 %
Iron	19 %
Potassium	300 mg
Phosphorus	65 mg
