Chermoula Prawns with Carrot Couscous

Instant couscous, quick-cooking prawns and tender baby carrots will put you on the fast track to dinnertime bliss. All you need is our special Moroccan chermoula spice mix and you’ll feel like you’re in Casablanca any night of the week. Cook it again, Sam.
It’s best to read through the whole recipe before you start – we promise it’s worth your while!

What we send
• 10 baby carrots
• 15g parsley
• 15g coriander
• 10g ginger
• 1 garlic clove
• 1 small red onion
• 1 piece preserved lemon
• 150g couscous
• chermoula prawn spice mix (ground cumin, ground turmeric, dried chilli flakes)
• 12 peeled prawns (tails intact)

What you’ll require
• extra virgin olive oil
• salt and pepper

Utensils
• grater
• small saucepan
• medium saucepan

While most of our veggies come pre-washed, it’s always good to give produce an extra rinse.

1. Prepare carrots
Peel the carrots and cut into 3cm-thick slices on an angle.

2. Prepare ingredients
Finely chop the parsley and coriander, including the stems. Peel and finely grate the ginger, garlic and onion. Scrape out the preserved lemon flesh and discard, then finely chop the rind.

3. Cook carrots
Place 180ml (3/4 cup) water, 2 tbs oil and ½ tsp salt in the saucepan and bring to a simmer. Add the carrots and bring to the boil.

4. Prepare couscous
Remove from the heat, stir in the couscous, cover with a lid and stand for 5 mins. Drizzle with 2 tsp olive oil and separate grains with a fork. Season with salt and pepper.

5. Start cooking
Heat 1 tbs olive oil in the medium saucepan over medium heat. Cook the garlic, ginger, onion and chermoula spice mix for 5 mins or until the onion has softened.

6. Cook prawns
Stir in preserved lemon, three quarters of the herbs and 60ml (¼ cup) water to combine. Stir in the prawns and cook for 5 mins or until cooked through. Season to taste with salt and pepper. Serve with couscous and scatter with the remaining herbs.

Allergens gluten
Nutrition per serving Calories 680kcal

Questions about the recipe? Cooking hotline: 02 9699 8045 Mon - Fri from 9am - 5pm
View the recipe and nutrition facts online by visiting your account at marleyspoon.co.uk #welovecooking