



## Chef Carol D's Sautéed Shrimp & Couscous

### Ingredients:

- 1 cup uncooked whole wheat couscous
- 1 ¼ cups water
- 1 large carrot, diced
- ½ cup fresh broccoli, diced
- ½ tablespoon olive oil
- ½ large red pepper
- 1 ½ cups raw shrimp
- ¼ teaspoon salt
- ½ teaspoon each black pepper & dried basil
- 3 tablespoons olive oil
- 3 teaspoons Dijon mustard
- 1 tablespoon red wine vinegar



### Directions:

Heat water to boiling; add couscous, turn heat to low and cover with a lid. Let simmer until all water is absorbed, about 20 minutes, set aside.

Blanch diced carrots and broccoli: bring a small amount of water to a boil; add carrots for about 2 minutes (want them to remain a little firm); strain into a colander, immediately transfer carrots into a small ice water bath for 30 seconds to stop the cooking process; strain, then put into another bowl & set aside. Repeat with broccoli, except boil in water for just 30 seconds.

In a skillet on medium heat, sauté red pepper for about 2 minutes; remove from pan. In same pan, on medium heat add shrimp, sprinkle with salt, pepper and basil, then sauté until shrimp turns translucent, (about 1-2 minutes); add peppers, carrots and broccoli back into pan & stir until heated through.

Directions for dressing: In a small bowl, whisk 3 tablespoons olive oil, 3 teaspoons Dijon mustard and 1 tablespoon red wine vinegar.

Put couscous into a bowl and spoon shrimp mixture on top, then drizzle with dressing.

Enjoy!