



WHATSheATE



Grilled Shrimp and Vegetables with Pearl Couscous

READY IN



300 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1.3 cups feta cheese crumbled
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 1.8 cups chicken broth reduced-sodium (14 fl ounces)
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 2.3 cups regular couscous (sometimes called Israeli couscous;)

- ☐ 2 medium onion red (1 pound total)
- ☐ 3 tablespoons red-wine vinegar
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1.8 teaspoons salt
- ☐ 2 lb shrimp deveined peeled per pound), and if necessary
- ☐ 1 cup water
- ☐ 2 pounds zucchini (4)

Equipment

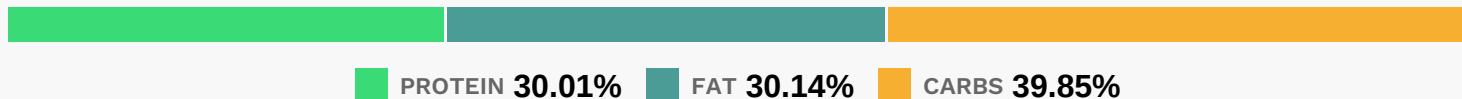
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Whisk together vinegar, oregano, thyme, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a small bowl until salt is dissolved.
- ☐ Add 1/3 cup oil in a slow stream, whisking until vinaigrette is combined.
- ☐ Heat 1 tablespoon oil in a wide 3-quart heavy saucepan over moderate heat until hot but not smoking, then toast couscous, stirring occasionally, until fragrant and pale golden, 3 to 5 minutes. While couscous toasts, stir together broth, water, and saffron in a large glass measure.
- ☐ Add to couscous with 1/2 teaspoon salt and bring to a simmer, uncovered. Simmer, covered, until liquid is absorbed and couscous is al dente, 10 to 12 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes. Stir vinaigrette to combine, then stir 2 tablespoons into couscous and let stand, uncovered, at room temperature.

- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- ☐ Toss shrimp with 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl and thread 4 or 5 shrimp onto each skewer (don't crowd, or shrimp won't cook evenly).
- ☐ Peel onions and trim root ends slightly, leaving ends intact, then halve lengthwise and cut halves lengthwise into 1/2-inch-wide wedges. Insert 1 wooden pick through each wedge to hold layers together while grilling, then put onions in a large bowl with zucchini. Toss vegetables with remaining 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Grill shrimp skewers on lightly oiled grill rack, covered only if using a gas grill, turning over once with tongs, until just cooked through, about 4 minutes total.
- ☐ Transfer shrimp, discarding skewers, to a clean bowl and toss with 2 tablespoons vinaigrette.
- ☐ Grill vegetables on lightly oiled grill rack, covered only if using a gas grill, turning over once, until just tender, about 5 minutes, transferring to bowl as grilled.
- ☐ Remove and discard picks from onions.
- ☐ Drizzle vegetables with remaining vinaigrette and toss to combine.
- ☐ Spoon couscous onto a large platter or shallow serving bowl. Arrange shrimp and vegetables on top of couscous and sprinkle with feta.
- ☐ Serve warm or at room temperature.
- ☐ ·If you aren't able to grill outdoors, shrimp and vegetables can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat. Grill shrimp skewers, turning over once, about 4 minutes total. Grill vegetables, turning over once, about 5 minutes total.·Vinaigrette can be made 3 hours ahead and kept, covered, at room temperature.·Shrimp skewers can be assembled 2 hours ahead and chilled, covered with plastic wrap.·Vegetables can be cut and onions can be skewered 2 hours ahead and chilled, covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:23.98, Inflammation Score:-10, Nutrition Score:19.088695645332%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 466.27kcal (23.31%), Fat: 15.74g (24.22%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 41.74g (15.18%), Sugar: 4.15g (4.61%), Cholesterol: 203.43mg (67.81%), Sodium: 944.14mg (41.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.55%), Phosphorus: 475.93mg (47.59%), Manganese: 0.81mg (40.7%), Copper: 0.7mg (34.89%), Vitamin C: 25.33mg (30.7%), Calcium: 266.37mg (26.64%), Magnesium: 97.8mg (24.45%), Potassium: 814.98mg (23.29%), Vitamin B2: 0.38mg (22.57%), Vitamin K: 22.8µg (21.71%), Zinc: 3.15mg (21%), Fiber: 5.1g (20.41%), Vitamin B6: 0.41mg (20.31%), Vitamin B3: 3.29mg (16.43%), Iron: 2.95mg (16.38%), Folate: 54.84µg (13.71%), Vitamin B1: 0.18mg (12.22%), Vitamin E: 1.82mg (12.16%), Vitamin B5: 1.12mg (11.19%), Vitamin A: 442.36IU (8.85%), Vitamin B12: 0.45µg (7.46%), Selenium: 4.03µg (5.75%)