



# Harissa Shrimp with Couscous, Tomatoes, and Mint

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup couscous
- 4 servings mint leaves fresh chopped
- 1 teaspoon ground cumin
- 2 tablespoons harissa
- 1 tsp kosher salt divided
- 3 tablespoons juice of lemon divided
- 1 tablespoon lemon zest divided

- 0.3 cup olive oil extra-virgin divided
- 1 pound shrimp (shelled deveined per lb.)
- 4 firm-ripe tomatoes halved

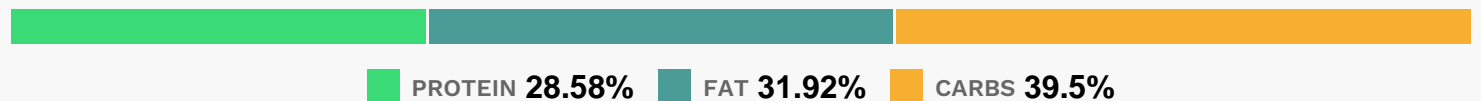
## Equipment

- bowl
- grill
- metal skewers

## Directions

- Heat grill to high (450 to 550). In a small bowl, combine harissa, 2 tbsp. each oil and lemon juice, 2 tsp. zest, the cumin, and 1/2 tsp. salt. Put shrimp in a medium bowl, toss with half the sauce (reserve the rest), and let stand 10 minutes. Thread shrimp onto metal skewers.
- Prepare couscous as package directs, adding remaining 1 tsp. zest. Fluff with a fork and gently stir in 1 tbsp. oil and remaining 1 tbsp. lemon juice and 1/2 tsp. salt. Set aside.
- Brush tomatoes with remaining 1 tbsp. oil. Grill shrimp and tomatoes, covered, turning once, until shrimp is opaque and tomatoes are softened, about 4 minutes.
- Serve with couscous plus a sprinkle of mint, more salt to taste, and remaining sauce.
- \*Find this North African chile-and-spice paste in the international section of supermarkets. We like Dea brand, which is medium-hot.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:21.63, Inflammation Score:-7, Nutrition Score:14.061738965304%

## Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## **Nutrients (% of daily need)**

Calories: 413.14kcal (20.66%), Fat: 14.78g (22.73%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 37g (13.45%), Sugar: 4.59g (5.1%), Cholesterol: 182.57mg (60.86%), Sodium: 828.91mg (36.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.54%), Phosphorus: 353.92mg (35.39%), Copper: 0.64mg (32.19%), Vitamin C: 24.7mg (29.93%), Manganese: 0.55mg (27.31%), Vitamin A: 1125.84IU (22.52%), Potassium: 719.3mg (20.55%), Magnesium: 76.69mg (19.17%), Vitamin E: 2.79mg (18.6%), Vitamin K: 18.26µg (17.39%), Fiber: 4.14g (16.57%), Zinc: 2.15mg (14.3%), Vitamin B3: 2.42mg (12.08%), Iron: 1.93mg (10.74%), Calcium: 107.02mg (10.7%), Vitamin B1: 0.13mg (8.69%), Vitamin B6: 0.17mg (8.46%), Folate: 31.41µg (7.85%), Vitamin B5: 0.67mg (6.7%), Vitamin B2: 0.07mg (4.09%)