

Chili, Lemon and Basil Shrimp with Israeli Couscous

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Palm Beach Post

Servings: 2

Start to Finish Time: 20 minutes

FOR THE COUSCOUS

olive oil

1 cup Israeli (pearl) couscous

1 lemon, zested and juiced

1 1/2 cups chicken broth

salt (to taste)

freshly ground black pepper (to taste)

FOR THE SHRIMP

4 large cloves garlic, minced

pinch red pepper flakes (to taste)

1 pound cooked shrimp, deveined and tails removed

1 cup fresh basil, loosely packed

salt (to taste)

freshly ground black pepper (to taste)

Heat a drizzle of olive oil in a 2-quart saucepan over medium heat. Add the couscous and fry for 2 to 3 minutes or until it starts smelling a little toasty.

Add the lemon juice and stir until the lemon juice evaporates. (Reserve the lemon zest for the shrimp).

Add the chicken broth and bring to a simmer.. Turn the heat to low and cover the pan tightly. Cook for 15 minutes. Remove from the heat and let the pan sit, still covered, until you are ready to serve the couscous.

In a 10-inch saute' pan, heat another drizzle of olive oil over medium-low heat.

Add the garlic and the red pepper flakes and cook gently for about 6 minutes or until the garlic is golden and fragrant.

Pat the shrimp dry. Turn the heat to high and add the shrimp to the pan.

Cook quickly, turning the shrimp frequently and stirring the oil and garlic into the shrimp. As soon as the shrimp are heated through (about 3 minutes), turn off the heat and stir in the basil and lemon zest.

Season the shrimp and couscous to taste with salt and pepper.

Serve the shrimp on a bed of couscous. Serve hot.

Per Serving (excluding unknown items): 274 Calories; 4g Fat (12.0% calories from fat); 52g Protein; 7g Carbohydrate; 1g Dietary Fiber; 443mg Cholesterol; 1084mg Sodium. Exchanges: 7 Lean Meat; 1/2 Vegetable; 0 Fruit.