



# Caribbean Prawns & Couscous

with Veggies, Charred Corn & Lemon Mayo

NEW

Grab your Meal Kit with this symbol



Leek



Baby Spinach Leaves



Lemon



Sweetcorn



Mayonnaise



Mild Caribbean Jerk Seasoning



Peeled Prawns



Chicken-Style Stock Powder



Couscous



Beef Strips

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart

The couscous is so fluffy that it's cuddling the fresh prawns in a warm hug. Let those flavours embrace you with Caribbean jerk seasoning and veggies, with a zap from the zesty mayo drizzled over at the end.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
sweetcorn	1 tin	1 tin
mayonnaise	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
peeled prawns	1 packet	2 packets
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2099kJ (502Cal)	568kJ (136Cal)
Protein (g)	23.8g	6.4g
Fat, total (g)	18.7g	5.1g
- saturated (g)	3g	0.8g
Carbohydrate (g)	48g	13g
- sugars (g)	9.8g	2.7g
Sodium (mg)	2138mg	579mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2545kJ (608Cal)	645kJ (154Cal)
Protein (g)	38.9g	9.9g
Fat, total (g)	26.6g	6.7g
- saturated (g)	6.1g	1.5g
Carbohydrate (g)	48g	12.2g
- sugars (g)	9.8g	2.5g
Sodium (mg)	1536mg	389mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Thickly slice **leek**. Roughly chop **baby spinach leaves**. Slice **lemon** into wedges. Drain the **sweetcorn**.
- In a small bowl, combine **mayonnaise** and a squeeze of **lemon juice**. Set aside.



## Cook the prawns

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.



## Flavour the prawns

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **peeled prawns** and toss to coat.

**Custom Recipe:** If you've swapped to beef strips, discard any liquid from beef strips packaging and flavour the beef as above.



## Cook the couscous

- Meanwhile, combine the **water** and **chicken-style stock powder** in a medium saucepan. Bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, stirring to combine. Cover with a lid, then remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Stir through **baby spinach, corn** and **leek**.



## Stir-fry the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry **leek** until slightly softened, **2-3 minutes**.
- Add **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer the **veggies** to a bowl and cover to keep warm.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Serve up

- Divide couscous with veggies and charred corn between bowls. Top with Caribbean prawns.
- Drizzle with lemon mayo. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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