



Caribbean Prawns & Couscous

with Veggies, Charred Corn & Lemon Mayo

CUSTOMER FAVOURITE

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



Peeled Prawns

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
olive oil*	refer to method	refer to method
leek	1	2
baby spinach	1 small bag	1 medium bag
lemons	1/2	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
water*	3/4 cup	1 1/2 cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*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)	2449kJ (585Cal)	522kJ (125Cal)
Protein (g)	37.5g	8g
Fat, total (g)	19.2g	4.1g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	48g	10.2g
- sugars (g)	9.8g	2.1g
Sodium (mg)	2790mg	594mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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: Cook prawns in batches for best results.



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 doubled your peeled prawns, flavour prawns in a large bowl instead.



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!

We're here to help!

Scan here if you have any questions or concerns

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