



# Caribbean Prawns & Couscous

with Veggies, Charred Corn & Mayo

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Leek



Sweetcorn



Baby Spinach Leaves



Mild Caribbean Jerk Seasoning



Peeled Prawns



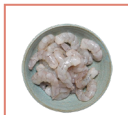
Chicken-Style Stock Powder



Couscous



Mayonnaise



Peeled Prawns

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



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, White Wine Vinegar

## 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
sweetcorn	1 tin	1 tin
baby spinach leaves	1 small bag	1 medium bag
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
<b>white wine vinegar*</b>	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2042kJ (488Cal)	636kJ (152Cal)
Protein (g)	23.5g	7.3g
Fat, total (g)	18.6g	5.8g
- saturated (g)	3g	0.9g
Carbohydrate (g)	48.1g	15g
- sugars (g)	9.9g	3.1g
Sodium (mg)	2137mg	665mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2392kJ (572Cal)	568kJ (136Cal)
Protein (g)	37.2g	8.8g
Fat, total (g)	19.1g	4.5g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	49.1g	11.7g
- sugars (g)	10.9g	2.6g
Sodium (mg)	2789mg	662mg

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.



## Get prepped

- Thickly slice **leek**. Drain **sweetcorn**. Roughly chop **baby spinach leaves**.



## 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 **white wine vinegar** and **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 **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 **mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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