



Caribbean Prawns & Veggie Couscous

with Leek, Charred Corn & Baby Leaves

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Sweetcorn



Baby Leaves



Mild Caribbean Jerk Seasoning



Peeled Prawns



Chicken-Style Stock Powder



Couscous



Mayonnaise



Parsley



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 creamy 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
olive oil*	refer to method	refer to method
leek	1	2
sweetcorn	1 medium tin	1 large tin
baby leaves	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
white wine vinegar*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2047kJ (489Cal)	628kJ (150Cal)
Protein (g)	23.6g	7.2g
Fat, total (g)	18.6g	5.7g
- saturated (g)	3g	0.9g
Carbohydrate (g)	48.1g	14.7g
- sugars (g)	10g	3.1g
Sodium (mg)	2140mg	656mg
Dietary Fibre (g)	7.1g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2397kJ (573Cal)	562kJ (134Cal)
Protein (g)	37.3g	8.8g
Fat, total (g)	19.1g	4.5g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	49.1g	11.5g
- sugars (g)	11g	2.6g
Sodium (mg)	2792mg	655mg
Dietary fibre	8.1g	1.9g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19



Get prepped

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



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 and cook in the same way.



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.



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!



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 leaves** and **cooked veggies**.



Serve up

- Divide couscous with veggies and charred corn between bowls. Top with Caribbean prawns.
- Drizzle with **mayonnaise** and tear over **parsley** to garnish. Enjoy!

Rate your recipe

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