



# Caribbean Jerk Prawns & Veggie Couscous

with Baby Leaves & Mayonnaise

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



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, then finish off this vibrant and refreshing dinner with a creamy drizzle of mayo.

**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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 medium tin	1 large tin
baby leaves	1 medium packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large 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 medium packet	1 large packet
<b>white wine vinegar*</b>	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)	2005kJ (479Cal)	666kJ (159Cal)
Protein (g)	22g	7.3g
Fat, total (g)	17.8g	5.9g
- saturated (g)	2.7g	0.9g
Carbohydrate (g)	48.6g	16.1g
- sugars (g)	10.2g	3.4g
Sodium (mg)	2034mg	675mg
Dietary Fibre (g)	5.6g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2355kJ (563Cal)	587kJ (140Cal)
Protein (g)	35.7g	8.9g
Fat, total (g)	18.3g	4.6g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	49.6g	12.4g
- sugars (g)	11.2g	2.8g
Sodium (mg)	2686mg	669mg
Dietary fibre	6.6g	1.6g

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!

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2024 | CW23



## Get prepped

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



## 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 batches for best results.



## 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**.



## 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 corn and veggie couscous between bowls. Top with Caribbean prawns.
- Drizzle with **mayonnaise** and tear over **parsley** to serve. Enjoy!

## Rate your recipe

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