



Caribbean-Style Prawns & Carrot Couscous

with Charred Corn Salsa & Aioli

Grab your meal kit with this number

6



Leek



Garlic



Carrot



Sweetcorn



Mild Caribbean Jerk Seasoning



Peeled Prawns



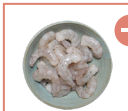
Chicken-Style Stock Powder



Couscous



Garlic Aioli



Peeled Prawns



Chicken Breast

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 roast veggies with a zap of corn salsa and aioli drizzled over at the end.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 medium tin	1 large tin
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 medium packets
honey*	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2462kJ (588Cal)	660kJ (158Cal)
Protein (g)	22.2g	6g
Fat, total (g)	27.2g	7.3g
- saturated (g)	7.6g	2g
Carbohydrate (g)	56.4g	15.1g
- sugars (g)	15.2g	4.1g
Sodium (mg)	2130mg	571mg
Dietary Fibre (g)	8.2g	2.2g

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://www.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

- Thinly slice **leek**. Finely chop **garlic**. Grate **carrot**. Drain **sweetcorn**.
- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **peeled prawns** and toss to coat.



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!



Make the salsa

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a small bowl.
- To the charred **corn**, add a drizzle of **white wine vinegar** and **olive oil**. Season and toss to combine.

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



Glaze the prawns

- Remove from heat, add the **honey** and toss **prawns** to coat.



Cook the couscous

- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **leek** and **garlic**, stirring, until softened, **4-5 minutes**.
- Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous**, and stir to combine.
- Cover with a lid and remove from heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork, add a drizzle of **olive oil** and season to taste.



Serve up

- Divide carrot couscous between bowls. Top with Caribbean prawns and charred corn salsa.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

