



Caribbean-Style Prawns & Veggie Rice Bowl

with Charred Corn Salsa & Aioli

Grab your meal kit with this number

6



Brown Rice



Leek



Garlic



Carrot



Sweetcorn



Mild Caribbean Jerk Seasoning



Peeled Prawns



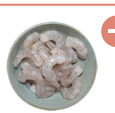
Chicken-Style Stock Powder



Garlic Aioli



Chicken Breast



Peeled Prawns

Recipe Update

We've replaced the couscous in this recipe with brown rice due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



The brown rice 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 generous serve of garlic aioli.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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

Medium saucepan · Large frying pan · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
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
chicken-style stock powder	1 medium sachet	1 large sachet
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)	8.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain and set aside.



Cook the veggies

- In a large 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 **chicken-style stock powder** and **cooked rice**, stirring to combine. Remove from heat and cover with a lid to keep warm. Set aside.



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

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

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Make the corn 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.



Serve up

- Fluff up rice with a fork, add a drizzle of olive oil and season to taste.
- Divide veggie rice between bowls.
- Top with charred corn salsa and Caribbean prawns.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.

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

