

Caribbean Jerk Prawns & Veggie Rice Bowl












with Baby Leaves & Mayonnaise

Grab your meal kit with this number

6



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

-  Jasmine Rice
-  Chicken-Style Stock Powder
-  Leek
-  Sweetcorn
-  Baby Leaves
-  Mild Caribbean Jerk Seasoning
-  Peeled Prawns
-  Mayonnaise
-  Parsley
-  Peeled Prawns
-  Chicken Breast

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

Calorie Smart

The rice is so fluffy that it's cradling 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.

Pantry items
 Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
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
mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2015kJ (482Cal)	637kJ (152Cal)
Protein (g)	22.4g	7.1g
Fat, total (g)	17.8g	5.6g
- saturated (g)	2.7g	0.9g
Carbohydrate (g)	48.6g	15.4g
- sugars (g)	10.2g	3.2g
Sodium (mg)	2048mg	648mg
Dietary Fibre (g)	5.9g	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.

1



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and return rice to the saucepan, then add **chicken-style stock powder**. Stir to combine and set aside.

4



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.

2



Get prepped

- While the rice is cooking, thickly slice **leek**.
- Drain **sweetcorn**.
- Roughly chop **baby leaves**.

5



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!

3



Marinate the prawns

- In a medium bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**.
- Add **peeled prawns** and toss to coat.

6



Serve up

- In a medium bowl, add cooked veggies and baby leaves. Toss to combine.
- Divide rice between bowls. Top with veggies and Caribbean prawns.
- Drizzle with **mayonnaise** and tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



DOUBLE PEELED 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.

