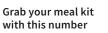


Caribbean Jerk Prawns & Veggie Rice Bowl

with Baby Leaves & Mayonnaise















Chicken-Style Stock Powder





Sweetcorn





Baby Leaves

Mild Caribbean Jerk Seasoning





Peeled Prawns

Mayonnaise







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.



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.



Get prepped

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



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.



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!



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!







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.

