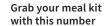


# Caribbean Prawn & Veggie Couscous Bowl

with Charred Corn Salsa & Aioli

















Sweetcorn



Mild Caribbean



Peeled Prawns

Jerk Seasoning



Pearl (Israeli)



Chicken-Style

Stock Powder

Couscous



Garlic Aioli





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



#### **Pantry items**

# 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
leek	1	2	
carrot	1	2	
garlic	2 cloves	4 cloves	
sweetcorn	1 medium tin	1 large tin	
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet	
peeled prawns	1 packet	2 packets	
butter*	20g	40g	
pearl (Israeli) couscous	1 packet	2 packets	
chicken-style stock powder	1 medium sachet	1 large sachet	
white wine vinegar*	drizzle	drizzle	
honey*	1 tsp	2 tsp	
garlic aioli	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1737kJ (415cal)	263kJ (63cal)
Protein (g)	16.5g	2.5g
Fat, total (g)	26.2g	4g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	22.2g	3.4g
- sugars (g)	14.2g	2.1g
Sodium (mg)	2128mg	321.6mg
Dietary Fibre (g)	6.1g	0.9g

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.



# Get prepped

- · Boil the kettle.
- Thinly slice leek. Grate carrot. Finely chop garlic. 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 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. Transfer to a bowl and cover to keep warm.
- Wipe out and return saucepan to mediumhigh heat with a drizzle of olive oil. Toast pearl couscous, stirring occasionally, until golden,
  1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes.
- Drain and return to the pan with a drizzle of olive oil. Stir through chicken-stye stock powder.



### Make the salsa

- Meanwhile, 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.



# 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!



# Glaze the prawns

 Remove pan from heat, add the honey and toss to coat.



# Serve up

- Stir carrot, leek and garlic through cooked pearl couscous.
- Divide veggie couscous between bowls. Top with charred corn salsa and Caribbean prawns.
- Serve with garlic aioli. Enjoy!







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



if necessary.

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

