

# Caribbean Prawn & Veggie Couscous Bowl

with Charred Corn Salsa & Aioli

Grab your meal kit with this number

6



Leek



Carrot



Garlic



Sweetcorn



Mild Caribbean Jerk Seasoning



Peeled Prawns



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Garlic Aioli



Peeled Prawns



Chicken Breast

### Recipe Update

We've replaced the couscous in this recipe with pearl couscous 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

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, Butter, White Wine Vinegar, 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
pearl (Israeli) couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>white wine vinegar*</b>	drizzle	drizzle
<b>honey*</b>	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet

\*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](https://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 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!.



## 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 medium-high 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**.



## Glaze the prawns

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



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### 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.

