

Caribbean Jerk Prawns & Veggie Couscous

with Baby Leaves & Mayonnaise

Grab your meal kit with this number

6



Leek



Sweetcorn



Baby Leaves



Mild Caribbean Jerk Seasoning



Peeled Prawns



Pearl (Israeli) Couscous



Chicken-Style Stock Powder



Mayonnaise



Parsley



Peeled Prawns



Beef Strips

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 veggies, then finish off this vibrant and refreshing dinner with a creamy drizzle of mayo.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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
leek	1	2
sweetcorn	1 medium tin	1 large tin
baby leaves	1 medium packet	1 large packet
mild Caribbean jerk seasoning	½ medium sachet	1 medium sachet
peeled prawns	1 packet	2 packets
pearl (Israeli) couscous	1 packet	2 packets
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
white wine vinegar*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2016kJ (482cal)	311kJ (74cal)
Protein (g)	22.4g	3.5g
Fat, total (g)	17.8g	2.7g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	48.6g	7.5g
- sugars (g)	10g	1.5g
Sodium (mg)	2048mg	315.6mg
Dietary Fibre (g)	5.5g	0.8g

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

- Thickly slice **leek**.
- Drain **sweetcorn**.
- Roughly chop **baby leaves**.



Stir-fry the veggies

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. 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.



Flavour the prawns

- In a medium bowl, combine **mild Caribbean jerk seasoning (see ingredients)** 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 pearl couscous

- Boil the kettle.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. 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 the **butter** and **chicken-style stock powder**. Stir to combine.



Serve up

- Stir baby leaves, cooked veggies, and a drizzle of **white wine vinegar** through pearl couscous.
- Divide veggie couscous between bowls. Top with Caribbean jerk 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 | CW35



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

