

# 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



Chicken-Style Stock Powder



Couscous



Mayonnaise



Parsley




Peeled Prawns



Beef Strips

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, 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

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



## Get prepped

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



## Cook the couscous

- While the veggies are cooking, in a medium saucepan, combine the **water** and **chicken-style stock powder**. Bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork, then add **cooked veggies** and the **white wine vinegar**. Stir to combine.



## Flavour the prawns

- 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

- Meanwhile, 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!



## Stir-fry the veggies

- 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.



## Serve up

- Divide corn and veggie couscous between bowls. Top with Caribbean jerk prawns.
- Drizzle with **mayonnaise** and tear over **parsley** to serve. Enjoy!

### 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.

