

Caribbean Prawns & Couscous Bowl

with Veggies, Charred Corn & Lemon Mayo

CUSTOMER FAVOURITE

EXPLORER

Grab your Meal Kit with this symbol



Capsicum



Sweetcorn



Baby Spinach Leaves



Lemon



Mayonnaise



Mild Caribbean Jerk Seasoning



Peeled Prawns



Chicken-Style Stock Powder



Couscous



Peeled Prawns

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



Calorie Smart



Eat Me First

With hints of pimento, pepper and nutmeg, our mild Caribbean seasoning infuses juicy prawns with a bright pop of flavour. Serve over a veggie-loaded couscous, and bring it all together with a lemon mayo drizzle, which adds creaminess and zing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

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
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
mayonnaise	1 packet (40g)	1 packet (80g)
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
peeled prawns	1 packet (200g)	2 packets (400g)
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
peeled prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2006kJ (479Cal)	520kJ (124Cal)
Protein (g)	24.2g	6.3g
Fat, total (g)	19.3g	5g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	49.5g	12.8g
- sugars (g)	10.8g	2.8g
Sodium (mg)	2104mg	546mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545Cal)	470kJ (112Cal)
Protein (g)	38.2g	7.9g
Fat, total (g)	20.3g	4.2g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	49.5g	10.2g
- sugars (g)	10.8g	2.2g
Sodium (mg)	2761mg	569mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Get prepped

- Slice **capsicum** into thin strips.
- Drain **sweetcorn**.
- Roughly chop **baby spinach leaves**.
- Slice **lemon** into wedges.
- In a small bowl, combine **mayonnaise** and a squeeze of **lemon juice**.



Cook the prawns

- Return 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!

Custom Recipe: Cook prawns in batches for the best results.



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.

Custom Recipe: If you've doubled your peeled prawns, season prawns as above.



Cook the couscous

- Meanwhile, in a medium saucepan, combine the **water** and **chicken-style stock powder**. Bring to the boil.
- Add **couscous** and a drizzle of **olive oil**, stirring to combine. Cover with a lid, then remove from the heat.
- Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Stir through the **baby spinach leaves, corn** and **capsicum**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry **capsicum** until slightly softened, **2-3 minutes**.
- Add **corn** 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 veggie couscous between bowls.
- Top with Caribbean prawns.
- Drizzle with the lemon mayo and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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