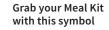


# Caribbean-Spiced Prawns & Coconut Sauce

with Garlic Rice & Zesty Veggies

EXPLORER













Carrot







**Baby Spinach** 

Sweetcorn



Peeled Prawns



Jerk Seasoning



Coconut Milk





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



pimento, nutmeg and cumin, our mild Caribbean jerk seasoning works a treat with the juicy prawns and creamy coconut sauce, complete with a squeeze of lime to cut the richness.

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

**Pantry items** Olive Oil, Butter

#### 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

Medium saucepan with a lid · Large frying pan

#### Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	20g	40g	
jasmine rice	1 medium packet	1 large packet	
water*	1¼ cups	2½ cups	
carrot	1	2	
lime	1/2	1	
sweetcorn	1 tin (125g)	1 tin (300g)	
baby spinach leaves	1 medium bag	1 large bag	
peeled prawns	1 packet	2 packets	
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet	
coconut milk	1 packet	2 packets	
peeled prawns**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	608kJ (145Cal)
Protein (g)	24.3g	5.4g
Fat, total (g)	26.8g	6g
- saturated (g)	20.5g	4.6g
Carbohydrate (g)	74.8g	16.7g
- sugars (g)	9.3g	2.1g
Sodium (mg)	1604mg	358mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	<b>547kJ</b> (131Cal)
Protein (g)	38.3g	7g
Fat, total (g)	27.8g	5.1g
- saturated (g)	20.6g	3.8g
Carbohydrate (g)	74.8g	13.7g
- sugars (g)	9.3g	1.7g
Sodium (mg)	2261mg	413mg

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





## Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook half the garlic, until fragrant, 1-2 minutes.
- Add jasmine rice, the water and a generous pinch of salt. Stir, bring to the boil, then reduce heat to low and cover with a lid. Cook for 12 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 12 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



### Cook the prawns & sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook
  peeled prawns and half the mild Caribbean jerk seasoning, tossing, until
  prawns are pink and starting to curl up, 3-4 minutes. Transfer prawns to
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** and **Caribbean seasoning**, stirring, until fragrant, **1 minute**.
- Stir through coconut milk and simmer until slightly thickened, 2-3 minutes.
   Remove from heat and stir through a squeeze of lime juice. Season to taste.

**Custom Recipe:** If you've doubled your peeled prawns, cook prawns in batches for the best results.



# Cook the veggies

- Meanwhile, cut carrot into thin sticks. Zest lime to get a good pinch, then slice into wedges. Drain sweetcorn.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot and sweetcorn, tossing, until tender, 4-5 minutes. Add baby spinach leaves and cook until wilted, 1-2 minutes.
- Stir in lime zest, then transfer veggies to a bowl. Season to taste and cover to keep warm.



### Serve up

- Divide garlic rice between bowls.
- Top with zesty veggies and Caribbean-spiced prawns. Spoon over coconut sauce.
- · Serve with any remaining lime wedges. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate